

SUBJECT: PATIENT SAFETY DURING GAIT TRAINING	REFERENCE #8125
DEPARTMENT: REHABILITATION SERVICES	PAGE: 1 OF: 1
APPROVED BY:	EFFECTIVE: REVISED:

**POLICY:**

The following standards of practice for gait training are to be followed to assure the safety and comfort of patients.

**PROCEDURE:**

- If the patient appears unsteady or is obese, assistance is to be obtained prior to beginning the session.
- The gait training area must be free of all obstructions and spilled liquid.
- A safety belt is to be used for all gait training exercises:
  - The therapist will stand behind the patient, grasping the belt with one hand and if necessary, place the other hand on the patient’s shoulder.
  - The therapist will walk behind or to the side of the patient until the patient is able to walk independently.
- Check the patient’s clothing for safety considerations:
  - Shoe laces must be tied
  - Pant legs rolled up, if necessary
  - The patient must be properly covered for privacy
- Before attempting stairs:
  - The patient must be able to walk on level ground with minimal assistance.
  - Assistance will be acquired first if the patient appears unsteady or is obese.
  - The therapist will stand behind the patient when ascending the stairs and in front of the patient when descending the stairs.