

# *Body Weight Supported Treadmill Training*



Here at Primary Therapy Source we have many tools available for standing and walking. One that we are particularly excited about is our body-weight supported treadmill training (BWSTT) system. The way it works is our patients are able to work on walking while supporting their body weight.

The bulk of the research regarding BWSTT has been performed on patients with neurological disorders such as spinal cord injuries (SCI) and strokes. In these populations we are focusing on neurological recovery and adaption. We often refer to this as neuroplasticity, where the nervous system adapts and remodels to regain neurological function. Other benefits include: decrease in osteoporosis, increased muscle mass, improved cardiovascular endurance, and changes in sensory and motor function. We are able to work on gait speed, dynamics, endurance, and progressive weight-bearing tolerance.

The system is also easily adapted for:

- |                                                                                   |                                         |
|-----------------------------------------------------------------------------------|-----------------------------------------|
| Orthopedics                                                                       | Reduced impact on joints during walking |
| Spinal cord injuries                                                              | Strokes                                 |
| Amputees                                                                          | Vestibular or balance problems          |
| Other neurological disorders including cerebral palsy and traumatic head injuries |                                         |

Our system is customized for the needs of our patients and includes a harness, which is designed for patient comfort, that is connected to a track system in the ceiling. This can be used for gait training on a treadmill, where we are able to control virtually all variables to ensure success and then easily transition to over-ground walking to maximize carryover into functional walking. Our system is specifically designed to meet the needs of a variety of patients.



254 River Vista Place, Twin Falls, ID 83301

208.734.7333 • 208.734.8350 (fax)  
www.primarytherapysource.com

*Treating you to a better life.*