



Basic Guidelines

No progress/improvement within 3 visits

- 1st action plan: lunch time weekly meeting, consult with senior PT
- 2nd action plan: additional consultation by specialist, discharge to HEP if no progress/improvement in 2 weeks

Definition of progress/improvement is dependent upon category:

- Balance: ability to demonstrate correct form in 1 activity
- Gait: decreased level of assistance and/or assistive device or 25% decrease in body weight support during BWSTT, or 25% increase in number of steps
- Upper Extremity Control: 100 repetitions in less than 15 minutes on 1 task
- Deconditioning: increase in 6 minute walk distance by 50 feet or at least ½ of strengthening exercises should have progressed in weight

Criteria for discharging an activity to HEP is dependent upon category:

- Balance: ability to demonstrate correct form safely in 8 out of 10 repetitions
- Gait: ability to perform 1,000 steps with a particular level of assistance and/or assistive device in 1 visit with no loss of balance
- Upper Extremity Control: ability to perform 100 repetitions in less than 15 minutes in 1 visit
- Deconditioning: ability to perform 20-30 minutes of moderate intensity exercise with normal vitals in 2 consecutive sessions

Feedback

- Patients should be given summary feedback on knowledge of results (number of repetitions achieved) at the end of each task.