

Gait Spots

Written by Cecilia Cruse, MS, OTR/L

Introduction

Squeak your way to proper stepping with GaitSpots! Just strap a pair on the child's shoes and listen for the squeak when they put weight over the sweet spot! Perfect for those children with increased tone and/or children with sensory processing disorders who toe walk, or wonderful for a motor planning activity for push off tiptoe walking. The GaitSpot features 1 squeaker, 1 heel/toe loop, and adjustable hook and loop strap that adjusts to fit most shoes from toddler size 4 through youth size 4.

Product Use

Directions:

Gaitspots can be used on bare feet or over a pair of shoes, depending on the child's size. For heelstrike, slip the elastic loop over the top of the foot, and then adjust so that the squeaker fits squarely over the bottom heel. Pull the hook and loop strap snugly to close. For push off, reverse the squeaker so that it is over the ball (base of the toes) of the foot.

Here are some great ideas for using your Gaitspots:

- For toe-walkers: place the Gaitspots in the heelstrike position for auditory feedback when dorsiflexing the ankle.
- To encourage push off: place the Gaitspots in the push off position to promote plantarflexion with tiptoe walking.
- Use Gaitspots for auditory feedback when jumping with two feet, or use a single Gaitspot for hopping.
- Be creative with your Gaitspot trainings. Have the child step from target to target by using tape, chalk, or dry erase markers to designate stepping areas.
- Work on motor planning by using the auditory feedback from the squeaker to promote auditory sequencing and timing. Place one Gaitspot in the heelstrike position on one foot, and place the other on the opposite foot in the push off position. Have the child work on a motor planning sequence such as heel-toe, heel-toe (alternating feet so that they hear the squeaker from the corresponding Gaitspot). You can continue to increase the complexity of the sequencing such as heel-heel, toe-toe, or heel-heel-toe-heel-toe, etc.
- Practice animal walks using Gaitspots. Use the heelstrike position to promote the heel up walking. These can be the "heavy" animals like horses. Use the push off position for tiptoe walking. These can be the "light" animals like birds.



Care & Safety

Gaitspots can be wiped down with a damp cloth or a germicidal wipe.

Recommended Products

Try these other creative Abilitations products to work with the Gaitspots:

- **SharkSkool** (022959): A set of 6 thick pads in the shape of friendly sharks. Use them for stepping on or around while wearing the Gaitspots
- **WriteStep** (005221) : Designed by a physical therapist, the WriteStep is a reusable walk on pad for gait analysis, that is designed to measure stride, foot placement, cadence and more.



©2013 School Specialty • PO Box 1579, Appleton, WI 54912-1579 • USA • All rights reserved.

Customer Service 1-888-388-3224 • www.schoolspecialty.com

Or reach us via e-mail at: orders@schoolspecialty.com

1-YEAR GUARANTEE OF SATISFACTION

See more fun activity guides for other great  products at www.abilitations.com.