

## GaitGadget Activity Guide

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### Introduction

Welcome to the GaitGadget, another Abilitations Creation sent our way by a physical therapist. The GaitGadget is perfect for children who are beginning to walk with both hands held, or are cruising by holding on to furniture. As a simple gait trainer, the GaitGadget offers support for the child as well as better positioning for the therapist or caregiver. By placing the GaitGadget in front of the child with their hands grasping the flexible tube, the child can be guided forward, backward or sideways. Speed and cadence can also be controlled by the trainer (therapist, teacher or other caregiver) via the GaitGadget. The GaitGadget is a wonderful tool for children with mild cerebral palsy or developmental delay, or any child learning to walk.

### Product Use

#### Use the GaitGadget in several ways:

1. Bend the GaitGadget to form a “U” shape. Place the GaitGadget in front of the child and have the child place both hands on the gadget while the trainer also holds one end of the GaitGadget in each hand. The amount of support can be varied by increasing or decreasing the distance between the child and the trainer. More support is given when the child stands closer to the trainer. The trainer moves his or her hands closer to the ends of the GaitGadget for less support, and closer to the middle for more support.
2. The GaitGadget can also be used when a child is beginning to walk with only one hand held. Have the child place hands on one end of the GaitGadget while the trainer holds the GaitGadget in the middle. It works best if the child stands in front of the trainer. The child’s hand should be at shoulder width and at chest level. The amount of support can be varied by holding the GaitGadget closer or further away from the child’s hand placement. The trainer should remain close enough to the child for stand-by assist in case of loss of balance. For safety reasons, it is not recommended to have the child hold one end of the GaitGadget with the trainer holding the other, as this position is unstable.
3. The GaitGadget can also be used as an assessment tool to determine if a child needs a walker or other assistive device. Using the GaitGadget as in suggestion #1 above, experienced therapists can often “feel” the amount of pressure the child exerts while holding on to the tube. A child who holds on with very heavy pressure may need to be considered for a more supportive device to assist with ambulation, and/or may need additional training time.



**Modifications:**

The GaitGadget makes a terrific tool for other therapeutic activities. Have a child sit cross legged on a scooter board and hold on to the "U" shaped GaitGadget with both hands. The therapist can then pull the child on the board. Wonderful for bilateral motor coordination and proprioceptive input.

Have a child sit in suspended equipment, such as a net or platform swing, and hold on to the GaitGadget with both hands. Pull the child forward on the swing, then release them to get gentle linear motion.

**Try these other Abilitations products for the modifications above:**

- 12" Economy Scooter Boards (item # 126760)
- MegaScoot II (item #104364) for the child that needs more trunk support on a scooter board. Measures 18" x 28".
- Therapy Net Swing (item # 177003)
- Platform Swing (item # 2-20685)

**Care and Safety:**

The GaitGadget is made from PVC tubing with plastic guards. Clean with a damp cloth or a germicidal wipe. The GaitGadget should be used only with adult supervision. It should be stored out of reach of children when not in use.



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