Robotic Gait Training

物理治療部
Department of Physiotherapy

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養和醫院
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Service Hours
Monday to Friday: 9:00 am – 12:30 pm
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Saturday: 9:00 am – 1:00 pm
Closed on Sundays and Public Holidays

www.hksh.com

Robotic Gait Training is a cutting-edge technology in rehabilitation with proven treatment effects.

Recent studies showed that Robotic Gait Training could improve functional level of walking by 52%, including walking speed, distance and physical fitness. Improvement in balance, activities of daily living, physical mobility and social participation was also significant.

The above results are based on the latest findings in "Motor Learning" for patients with neurological conditions, e.g. brain injury, stroke and spinal cord injury. Most of them suffered from long-term disability and impaired movement. Walking disability is one of the major barriers in their daily lives and affects their quality of lives. Task-specific, repetitive training incorporated with virtual reality engagement can effectively improve their functional walking capability.

The Lokomat System helps build up patients' muscle strength and power, and boost their confidence via safe and repetitive walking. The computer system can develop an individualised training programme with variations in:

1. Guidance force

2. Body weight support

3. Walking speed

4. Walking duration

Smart*fit*
Robotic Gait Training

It also monitors the training progress and helps Physiotherapists to design appropriate programmes for patients. Virtual reality games with feedback are proven to enhance the patients' engagement as well as treatment effect. Games at progressive levels can challenge patients at a level which best suits their training capacity.

Patients are advised to stay as active as possible to enhance training outcome and maximise the effect of "Motor Learning". Patients are encouraged to assume an active role while assistance is available whenever necessary.

Who Can Benefit from Robotic Gait Training?

Patients with the following diseases can benefit from Robotic Gait Training. The list is non-exhaustive:

- Spinal cord injury

- Stroke

- Traumatic brain injury

- Multiple sclerosis

- Cerebral palsy

- Parkinson's Disease

- Muscular atrophy

Referrals can be made by your doctor. Individual assessments and training sessions are performed by a Physiotherapist.