

SONICWALK

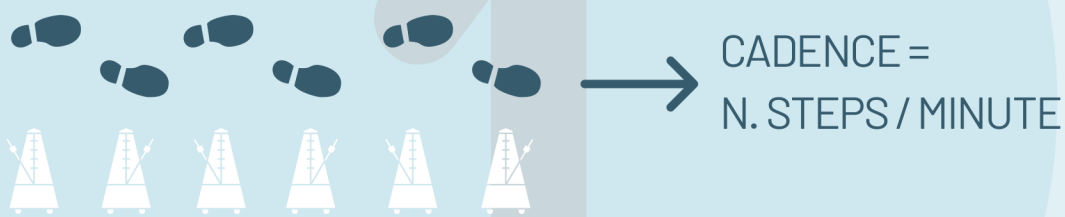
PROTOCOL

20 SESSIONS // 30' EACH // 3 TIMES/WEEK

ASSESSMENT: BASELINE (PRE), END OF TREATMENT (POST), FOLLOW-UP (FU).

CADENCE ASSESSMENT

The baseline pace of the patient is measured. The patient is asked to walk at his/her comfortable speed (the measure is obtained considering a click every half step)



STANDARD GAIT
REHABILITATION



GAIT WITH
SONIFICATION



15' WARM-UP PHASE

3 MINUTES EACH, WITH A
SHORT BREAK IN THE MIDDLE

1. Anteroposterior load shift in tandem position, left foot forward
2. Anteroposterior load shift in tandem position, right foot forward
3. Left foot swing
4. Right foot swing
5. March in place

SAME EXERCISES BUT
WITH MUSICAL CUES

- **1:30"** an external musical cue entrains the gait



- **1:30" Sonification Phase:** same musical patterns are re-created naturally, in real-time, by patient walk (without metronome)



15' GAIT PHASE

7' WALK

The patient performs a **7-minute walk**

The patient performs a **7-minute walk** guided by a chord progression



1' BREAK

1 minute break

1 minute break

7' WALK WITH INCREASING PACE

The patient performs a **7-minute walk** slightly increasing the gait pace to the maximum possible speed

Sonification phase: The patient reproduces the chord progression in real-time, without metronome, associating each foot contact with a chord. The patient, along the **7-minute walking**, is asked to slightly increase the pace of their steps to the maximum possible speed

