

## Case Study #1:

Client is a 58 year-old male, s/p left CVA with mild right hemiparesis, 4 weeks ago. Native language is Spanish, though he understands some simple English. Family support is good.

Problems identified:

### Right LE:

4/5 all hip motions, 4/5 knee extension, 3/5 knee flexion, 4/5 all ankle motions

Berg Balance Scale: 48/56

- Item #8, reaching forward: forward lean restricted to 5 inches, score 3
- Item #10, turning to look: less weight shift with turning to the right, score 3
- Item #11, turning 360 degrees: time 5 seconds to each side, safely, score 2
- Item #12, placing alternate foot on stool: time greater than 20 seconds, score 3
- Item #14, standing on one foot: right leg 1 sec and left 3 seconds, score 1

### Postural Sway:

Static – weight shift asymmetry to left in static standing  
Limits of Stability – forward weight shift restricted to 25% LOS

**Please consider the individual problems and design 2 treatment progressions for balance for this client, including 2 home exercises. Be able to support your rationale.**

## Case Study #2:

Client is a 74 year-old female with 3 falls (bruises, but no fractures) in the past year. She is an active individual, walking one mile at least 4 days/week and weekly participation in a choral group and bridge (cards). She lives alone.

The falls occurred outside the home, 2 in her garden and one while exiting a movie theater.

Problems identified:

Pain: 2-4/10 VAS in right knee, longstanding

Somatosensory: decreased vibratory sense bilateral feet

Sensory Organization Test: total score 45% (norms for her age/height 68%)

- Absent use of vestibular inputs
- Decreased use of somatosensory inputs
- Reliance on vision

Dynamic Gait Index: 16/24

- Item #3: wide path sway, staggers, but recovers: score 1
- Item #4: slows gait speed: score 2
- Item #5: turns safely in 4 seconds: score 2
- Item #6: slows to adjust before stepping: score 2
- Item #8: descends steps with rail, one step at a time: score 1

**Please consider the individual problems and design 2 treatment progressions for balance for this client, including 2 home exercises. Be able to explain your rationale.**