

Protocol:

Assessment: 10 Meter Walk

- Cadence - $60/\text{time} \times \text{number of steps}$
- Velocity - $60/\text{time} \times 10$
- Stride Length - $\text{velocity}/\text{cadence} \times 2$

Resonant Frequency Entrainment (priming)

- Set metronome tempo = patient's cadence during assessment
- Start metronome and allow patient to internalize rhythm

Frequency modulation at 5-10% increments

- Gait pattern begins to normalize; patient is able to walk faster
- A cadence of 120 is generally considered the upper limit
- Verbally prompt patient to maintain stride length when increasing cadence

