

Pass to Pass Training Meeting

April 1, 2021

The following will be covered at the Pass to Pass Training virtual meeting on Thursday 4/1/21 at 7:00 pm PST. Please review prior to the meeting and during the meeting there will be further details, demonstrations, and time for Q&A.

Trail Considerations:

Take into consideration the following when planning for a trip:

Mileage

Elevation Gain/Loss

Altitude sickness (especially if coming from an area where you live at different elevation)

Terrain

Equipment Considerations:

Footwear - make sure to break in and wear while training

Hiking Poles - may need to adjust height depending on flat ground, uphill, or downhill

Pack (weight and fit)

Hydration

Fanny pack/Small front storage pack - consider if hard to reach back into your pack for small items

Training Activities:

Balance:

Single Leg Stance

-Aim for 20 seconds of single leg stance balance on right and left legs. Start holding onto furniture if needed and work up time if you cannot achieve 20 seconds per leg at first.

Practice with putting on pants/shorts or slip on shoes while standing near a bed or couch if needed for safety in case of a fall.

Narrow Base of Support

-Practice standing with your feet closer together or touching. Compare with your feet under hips (a more natural stance), and wide feet. Try standing with one foot in front of the other (tandem/staggered stance), alternate which foot is leading. Take steps for short distances walking heel-toe or along a line/narrow path. Practice with hiking poles.

Standing on Compliant/Unstable Surfaces

-Try standing on squishy/compliant/unstable surfaces. You can start with a folded yoga mat or towel and move up to a pillow or foam cushion. Some people also practice with a balance board if you have access to one. Start with support nearby or using your hiking poles. The goal is to work on your ankle reactions while trying to balance. Step off if needed to rest and work up the time that you can balance on these types of surfaces.

Yoga/Dance/Boxing

-Try an activity that introduces you to new postures/positions and adds a level of unpredictability of movement with balance and strengthening work.

Strength:

Practice with Pack

-Get used to and play around with fit and start adding weight over time until it is at the anticipated pack weight for the trip. You can put anything in it to add weight while training. Make sure to practice not only when you are fresh and have extra energy, but also at the end of the day or when you might be more tired. Complete any of the gait training, squats, balance, stairs, etc with the pack on as you build up your strength.

Squats

-Stand in front of a chair, couch, bench, bed, etc with your feet shoulder width apart and toes generally facing forward (does not have to be perfectly parallel, not everyone has the same body shape/build!). Slowly lower yourself down onto the seat without “plopping” or dropping fast. Raise seat height if too difficult. Lower seat height if too easy. Do not let your knees touch or fall out to the side. Make sure that your feet are generally underneath of you and not far ahead of you or tucked under. You can advance by adding your pack with some weight. If needed, start by holding onto an armrest or other supportive surface and move into not using your arms for help coming into standing or when lowering into sitting. You can also advance by not fully sitting onto the seat, but just touching gently and then standing back up after hovering for a few seconds. *Good practice for going to the bathroom in the woods!

Stairs

-Practice going up and down stairs to help build strength and simulate trail elevation climbs in your home or other inside facility when not out hiking. If not already doing so, practice a “step over step” pattern by alternating feet on each step (only 1 foot per step). Keeping safety and balance in mind, start with 1 handrail if needed and then move towards less use of the handrail (maybe just a finger touch for balance) and then no handrail. Alternate sides of support/handrail if possible. Most people’s homes have 1 handrail on one side and we get used to only using that side for support. Using different stairs or another side of the stairs will help strengthen more symmetrically if using handrail support. To advance, increase the number of times in a row you complete ascending/descending stairs or increase the number of flights of stairs in an office building without a break. Try using stairs instead of the elevator when out in public. Add your pack with some weight to stair activities to increase the load.

Core Strengthening

-(4 Part Core Strengthening for Parkinson’s Series through Davis Phinney Foundation for Parkinson’s: <https://davisphinneyfoundation.org/core-strengthening-for-parkinsons-1/>)

Gait Training:

Practice on Different Terrain

-Practice walking/hiking on not only sidewalks and asphalt, but also grass, dirt, bark mulch, sand, rocky terrain, and generally uneven ground. Use hiking poles for balance. Don’t forget to practice with your pack on as well!

Cadence (metronome/auditory cue)

-Some find it helpful to walk with an auditory cue or rhythm to get into a walking pattern.

Increase Step Length (visual cue or forward back stepping over an obstacle)

-Practice stepping with a slightly larger step. This can be done with marks on the ground (tape, sidewalk/floor lines, etc) that you step to or over. It can also be practiced by stepping over low obstacles such as small sticks placed on the ground at certain intervals, where you have to lift your feet to clear them.

Treadmill Training

-Walking on a treadmill can be a good training tool for endurance, cadence, and step length, especially when you can't get outdoors to practice. Make sure you practice outside too though!

Nordic Walking Activity

(<https://www.youtube.com/watch?v=MS6OkFoB9Vk>)

DISCLAIMER:

Always consult your physician before beginning any exercise program. This general information is not intended to replace your healthcare professional.

Consult with your physical therapist and healthcare team to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.