**B. A Developmental perspective in Learning Process:**

1. **Suggested Items to Assist in Learning to Use DBS Braces** Video #1 (slide 17)
2. **Purpose:**
3. Learn to balance in your braces with assistive devices
4. Learn to TRUST your braces
5. Learn to observe/feel when you are doing activities correctly
6. Accept feedback from another person on how you are doing
7. **Mirror** – 4 – 5 feet-tall, portable, with tape vertically down the middle 12 inches from the top to mark midline
8. **Parallel bars** – the best to use – raised at LEAST to waist height, OR
9. **Kitchen counter with heavy/stable chair** beside you – bath counter if you are very short
10. **Hiking pole, once steady in parallel bars or at counter** at height between waist and chest
11. Hold it farther out in front of you than with traditional cane
12. This helps gain stability/balance, esp. in trunk and hips
13. With hiking pole people use it to stabilize and are better able to maintain OSP.
14. One can advance their hips and legs properly rather than reverting back to old way
15. **Forearm crutch** – handle up as high as forearm cuffs allow
16. **Cane** – raise up almost as high as hiking pole
17. **Walker** – least helpful for training – but can be raised up to at least waist level
18. **What happens when assistive device is too low:**
19. When cane/walker is used at traditional height people lean forward and down into it.
20. This makes them lose Optimal Standing Position - (OSP)
21. Buttocks will go back
22. Head will go forward, and maybe down
23. Shoulders will go forward,
24. Knees will bend – making it difficult to advance leg and benefit from spring/dynamics from the braces. Knee bending might allow brace to not support you/ buckle your knee
25. **Family, friend,** for support with feedback and cheerleading!

**j. Challenges to success:**

1. Painful or post- surgical leg on which you are not bearing full weight
2. Fear!
3. No availability of a cheerleader!
4. Difficulty maintaining Optimal Standing Position (video)

**k. Addendum:**

If you have a painful or post-surgical leg, then the assistive device needs to be at traditional lower height to take weight off of the painful area. It is important with DBS braces to be able to achieve stability in trunk and hips in the Optimal Standing Position (OSP –see next section) in order to move one’s legs to get the most efficient use out of the braces.