

Instructive Motor Learning
Cueing – Prompting - Feedback

Contralateral Pelvic Drop	
Internal focus cue, prompt, feedback	
Visual	<ul style="list-style-type: none"> • See that the pelvis is level • Imagine your pelvis is a bucket of water see that the water is not spilled out the side of the bucket when walking • Imagine your kneecap is head light see the beam of light is pointing straight down the road
Auditory	<ul style="list-style-type: none"> • Imagine your pelvis is a hand bell, quiet the clang of the bell
Kinesthetic - Tactile	<ul style="list-style-type: none"> • Put your hand on buttock <i>feel</i> the buttock muscle engage & squeeze when the foot is on ground • Feel the buttock muscle engage and contract like you felt when performing gluteal isometric exercise when sitting and standing strive for similar <i>feeling</i> sensation when walking • Imagine your buttock muscle is a bike tire fill it with air <i>feel</i> how stiff & supportive the pelvis is
Combination	
External focus cue, prompt, feedback	
Visual	<ul style="list-style-type: none"> • Walk towards mirror look at your belt keep it level • Place hands on waist/pelvis watch the undulation movement of elbows keep the undulation small • Watch beam of laser light "cat toy" attached on contralateral pelvis keep it on close to line of horizon • Watch beam of laser light "cat toy" on ipsilateral thigh keep it close to line of vertical • Watch selfie video after walking
Auditory	<ul style="list-style-type: none"> • Listen for foot strike make sound symmetric • Keep steady rhythm of steps strides

	<ul style="list-style-type: none"> • While therapist says uses this muscle while touching tapping ipsilateral gluteal muscle • Listen to verbal cueing from therapist, coach, "Yes," Dampen it," Need more effort"
Kinesthetic - Tactile	<ul style="list-style-type: none"> • Therapist, coach touches tap ipsilateral gluteal muscles • Use cane in contralateral hand • Carry weight in ipsilateral hand • Use compression shorts; hip spica support pelvis & thigh; supportive adhesive strapping; or kinesio tape
Combination	