

CONNECTICUT VALLEY HOSPITAL

**Physical Therapy Services**

**PT Equipment Procedure # 15**

**Re: Parallel Bars**

**Date: March 20, 2000**

**Revised: October 19, 2008**

**Description:**

Walking platform with two adjustable handrails used to provide a stable environment for gait training. It may be used with a divider board down the center to keep legs from scissoring or with a floor ladder to encourage equal step length and foot clearance.

**Indications:**

Starting point for all patients who have exhibited decreased ambulation skills.

**Procedure:**

1. Adjust bars to correct height for individual patient.
2. Instruct patient in procedure; any type of gait pattern as described in crutches procedure may be used, depending on individual patient problems and needs.
3. Use gait belt if indicated. Monitor closely.
4. Have chair at each end of parallel bars initially.
5. Clean Parallel Bars as per Physical Therapy Cleaning Procedures.
6. The parallel bars receive Biomedical Testing annually in January of each year.