



# Strike a Balance

## 2019 Pediatric Gait Summer Camp



Led by our pediatric physical therapists, Strike a Balance is a program for children looking to challenge their balance and walking skills. It will include exercise and activities to improve gait, balance, strength and endurance.

Participants will be provided with education and resources to help transition the skills they have achieved back to their community, school and home environments.

A physician referral/prescription is required to participate in the camp. Participants must have an insurance policy that will cover group therapy

### All sessions will be held at:

Shirley Ryan AbilityLab, 13th Floor  
345 E. Superior St  
Chicago, IL 60611

**Shirley Ryan**  
**Abilitylab**

### Children ages 9-18

Monday - Thursday

August 5 - August 30

3:30 – 5:00 pm

### Participants must be able to:

- Walk 30 feet with less than or equal to moderate assistance from a helper (less than 50% help) with assistive device or body support walker/gait trainer when positioned
- Stand with use of arm/hand support with close supervision from a helper for at least 60 seconds
- Follow simple three-step or complex two-step commands like touch your knee then pretend to talk on the phone

**To sign up, please contact  
Lauren Eckerle at 312.238.6129  
or [leckerle1@sralab.org](mailto:leckerle1@sralab.org)**