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*Jessica Sara Jacko, SPT; Natalia Kathryn Ochalski, SPT; Elizabeth Mary Rynar, SPT;  
Charlette Michelle Woelkers, SPT; Renée Hakim, PT, PhD, NCS*

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Intensity

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Repetition

Use it or lose it

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Use it and improve it



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# fifO\Q° ``VačRžV O°fl° ž»

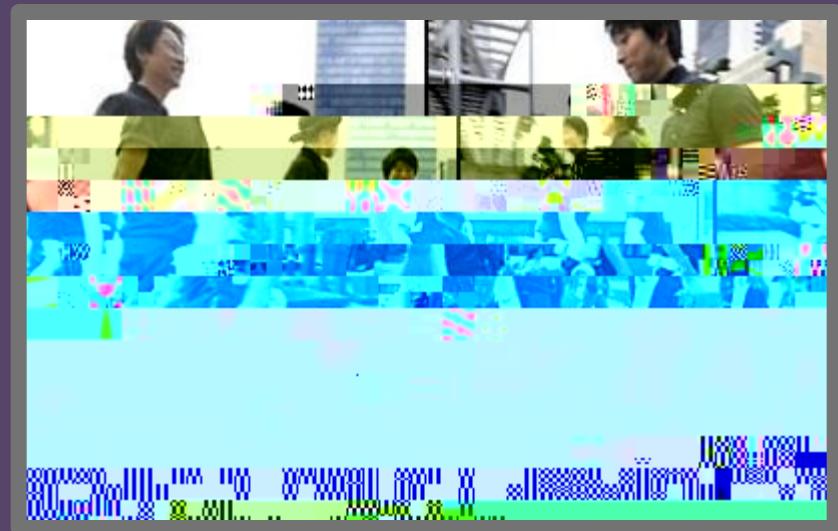
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- HAL Components<sup>3</sup>

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P

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Author and Title	Study Design	Oxford Level of Evidence
Tanaka et al <sup>7</sup> - " [ NāRaZ ] \_NNTNāPUN_NPaR_VaPPUN[ TR` d VāUTMā a_N[ V T'b` V T'aUR'UfO_VQN ` VaCR'Y[ O'S_`PU_\[ VP` a_\XR] NāR[ a ☰	" \[ ¥ \[ a_\YRQ	Ù
Yoshikawa et al <sup>8</sup> - fINāa_N[ V T'd VāU'UfO_VQN ` VaCR'Y[ O'R[ UN[ PR` aUR' TMāSb[ PaX[ ` V[ ` bONPbaR` a_\XR] NāR[ a FN] VKa^ abQf ☰	" \[ ¥&N[ Q\Z VgRQ` .\[ a_\YRQ	Ø
Yoshikawa et al <sup>9</sup> - ( _N[ V T'd VāU'UfO_VQN ` VaCR'Y[ O'S_`d NMV[ T` Sb[ PaX[ 'NSR_a\aN[X[ RR'N_dU_\] VN af ☰	" \[ ¥&N[ Q\Z VgRQ` .\[ a_\YRQ	Ø
Taketomi et al <sup>10</sup> - flfO_VQN ` VaCR'Y[ O\` aR_cR[ aX[ V[ 'N] NāR[ a id VāU' NāR[ Rb_\X TVPNYORaR_\X_NaX[ 'NSR_a\_\NPZ fRX] Nāf " b_TR_f 'QbR'a\` \``VSPNaX[ 'SaUR'WTN\` R[ abZ 'SNcbZ ☰	. N R&R] \_a	Ù

# #eS\\_\Q\ž RcRY\ Si c\OR[ PR\` \[ a\

Author and Title	Study Design	Oxford Level of Evidence
Aach <sup>11</sup> - * \b[ aN_f\Q\VR[ 'Re\` XRYRa\ [ 'N 'N[ Rd 'a\YS_ _RUNO\X\Nax[ 'V ' PU_\ [ VP^ ] V NYP\_\QV\W_fEN] V\K a\` abQF\`	" \[ ¥ \[ a\YRQ	U
Yoshimoto et al <sup>5</sup> - RN VOX\ef N[ QRSSIPNF \SUTUY ] RRQTM\ a\N\ V[T d\ VU'N'c\Yb[ aN_f\Q\VR[ 'Re\` XRYRa\ [ '_O\ aS_ _TN\ a\N[ Q'ONN[ PR' Qf' Sb[ PaX[ 'V' ] NaR[ a\` d\ VU'PU_\ [ VP^ a\XRE[ 'V'_N[ QZ VgRQ] V\K a\` abQF' d\ VU'P\ [ Pb_R[ aP\ [ a\Y\`	" \[ ¥&N[ QZ VgRQ' . \[ a\YRQ'	U
Kubota et al <sup>12</sup> - f\fo\Q\N` Va\cr\W O\o\fi\ž\`a\RN\z R[ aS_ ] NaR[ a\` d\ VU' ` R\cr_R'a\N\NPZ fRX] Nauf QbR'a\ ``\V\SPNaX[ \S\AUR] \`aR\X_ \X[ TV\bo\QV\ NY\AT\NZ R[ a\o\#\\$ž\`V\ aJR] \`a\] R_Na\cr\NPbaR` bONPbaR' ] UN RENPM\ VPNya\WM\`	. N R" R_VR	U

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Author and Title	Study Design	Oxford Level of Evidence
Maeshima et al <sup>4</sup> - i S\PNPf \SN\UfO\_Q\N ` Va\CR\Y\Z O\N ] \` a\X\XR\URZ V\YRTV] Na\NR[ a\fN] _R\Y\Z V\N_f\_\R] \_a\ø	" \[ ¥ \[ a\YRQ`	Ø
Yoshikawa et al <sup>13</sup> - f\fo\_Q\N ` Va\CR\Y\Z O\R[ UN[ PR` a\URTM\A\B] Pa\X[ ` V\` b\ONPbaR` a\X\XR` a\NTREN\Z b\y\N V\TYR\Y\PN R` abOf\ø	. \` \` \#CR`	U
Watanabe et al <sup>14</sup> - ž\PAZ \a\X[ \Y\Z ] _\cRZ R[ ab` V T\NUfO\_Q\N ` Va\CR\Y\Z O\N \_R\PA\cR_f ] UN R` a\X\XR] Na\NR[ a\fN_N[ Q\Z VgRQ\PA[ a\YRQ] V\Xa` abOf\ø	&N[ Q\Z VgRQ` . \[ a\YRQ`	X
Kawamoto et al <sup>15</sup> - \$V\A` abOf\` S\XPAZ \a\X[ \Y\Z ] _\cRZ R[ ab` V T\UfO\_Q\N ` Va\CR\Y\Z O\N \` PU\` \[ V` a\X\XR] Na\NR[ a\ø	" \[ ¥ \[ a\YRQ`	U



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¥ V TYRž RTFÜ^ abQMR Ü:Ü:Ü:ÜÖÜ

¥ ! \ORE

*Overground*FÜ^ abQMR Ü:Ü:Ü:ÜÖÜ

*Treadmill*FØ^ abQMR Ü:Ü:Ü:ÜÖÜ

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- Primary Outcomes

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- Secondary Outcomes

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## Results - Statistical Significance for Berg Balance Scale (BBS) in (points)

	Pre-Training	Post-Training	Change in BBS	MDC for BBS
<b>Yoshimoto et al<sup>5**</sup> HAL Group</b>	40.9 +/- 6.13	46.2 +/- 5.97	5.30 +/- 0.16	<b>Exceeds</b> MDC of 4.66 <sup>20</sup>
<b>Kawamoto et al<sup>15*</sup> HAL Group</b>	40.6 +/- 13.6	45.5 +/- 8.02	4.90 +/- 5.58	<b>Exceeds</b> MDC of 4.66 <sup>20</sup>

## Results - Statistical Significance for Timed Up and Go (TUG) in (s)

\* = p < 0.05

\*\* = p < 0.01

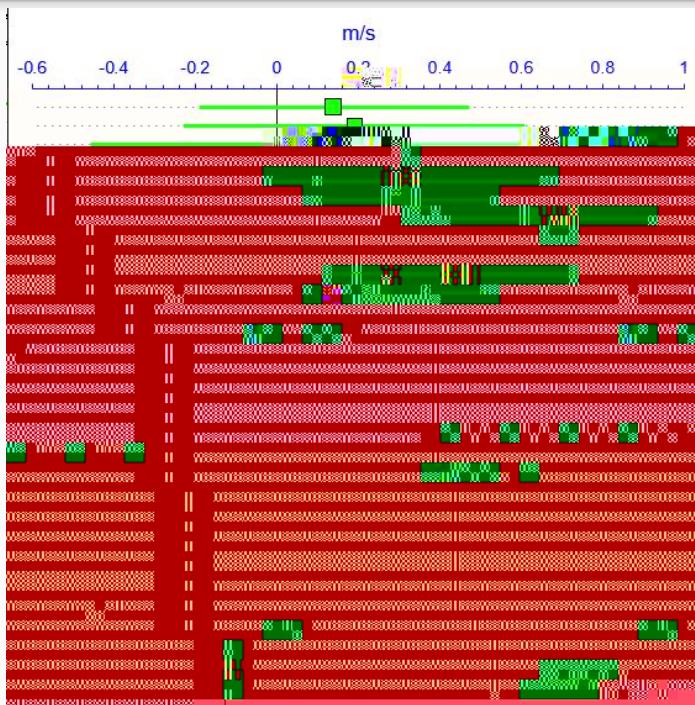
	Pre-Training	Post-Training	Change in TUG time	MDC for TUG
<b>Aach<sup>11*</sup> HAL Group</b>	55.34 +/- 33.20	38.18 +/- 25.98	17.16 +/- 7.22	<b>Exceeds</b> MCD 10.8 seconds <sup>21</sup>
<b>Yoshimoto et al<sup>5**</sup> HAL Group</b>	35.6 +/- 14.6	24.1 +/- 7.82	11.5 +/- 6.78	<b>Exceeds</b> MDC of 8 seconds <sup>20</sup>
<b>Watanabe et al<sup>14*</sup> HAL group</b>	27.8 +/- 14.3	16.8 +/- 7.00	11.0 +/- 7.30	<b>Exceeds</b> MDC of 8 seconds <sup>20</sup>
<b>Watanabe et al<sup>14**</sup> Control group</b>	45.8 +/- 25.7	29.9 +/- 18.4	15.9 +/- 7.30	<b>Exceeds</b> MDC of 8 seconds <sup>20</sup>

## Results -

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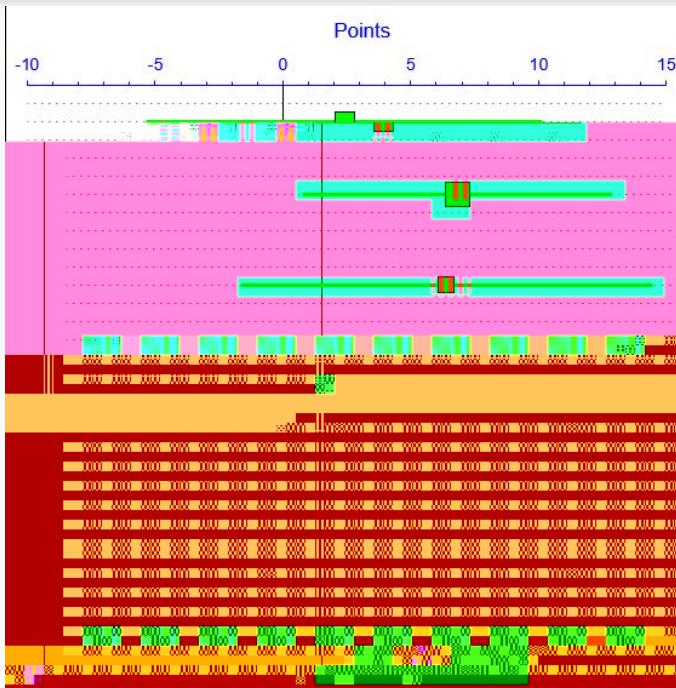
! RN[ ``P\\_\R` \S] \_R\N[ Q] \` a\N[ aR\_cR[ aX[ i``aN[ QN\_Q`

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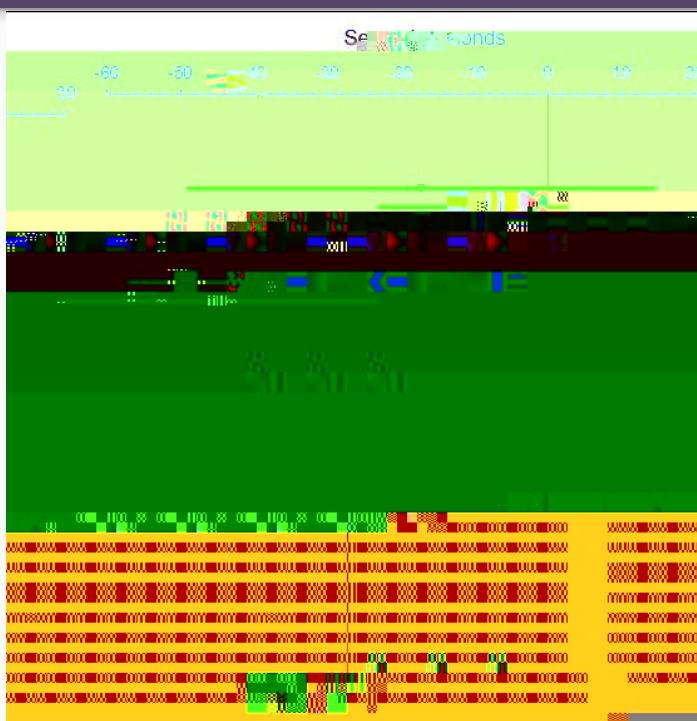
<i>Studies Included in Meta-Analysis</i>	Yûhûhû
<i>Average Change</i>	Öôx Z R-R P\ Q V ] _cR Z R[ a
<i>Confidence Interval</i>	þÚè : E'140 PYY; ÖOÜÜÜP½
<i>MCID</i>	ÖÖÖÜÜÜZ R-R P\ Q

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<i>Studies Included in Meta-Analysis</i>	0.47
<i>Average Change</i>	0.47
<i>Confidence Interval</i>	-0.06 to 1.00
<i>MDC</i>	0.95

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<i>Studies Included in Meta-Analysis</i>	Úúí òòí òúí òú
<i>Average Change</i>	¥ööûx `` RP\ [ Q
<i>Confidence Interval</i>	þÚé [ , £14ÖÜÜÚ; ¥ÙÛþÛÖ½
<i>MDC</i>	Ý¥ööûx `` RP\ [ Q_RQbPaX [

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- All primary and secondary outcome measures exceed minimal detectable changes and minimal clinically important differences found in the literature<sup>16-21</sup>

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- Improvements in outcomes noted in:

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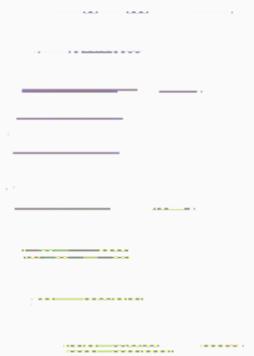
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