



Asha J Gummati, PT, MS, NCS, CKTP

Neurological Clinical Specialist,
Vestibular Rehabilitation Competent.

Asha Gummati brings over 20 years of clinical expertise in treating patients with neurological injuries and is one of the 3,041 American Physical Therapy Board Certified Neurological Clinical Specialists. Her extensive experience spans acute rehabilitation, inpatient, and outpatient care, with a specialized focus on vestibular rehabilitation. As a mentor, trainer, and educator, Asha is frequently invited to speak at national and international conferences and workshops. She is also the founder of Asara Therapy PLLC.

Cutting Edge Technology Used

- Functional Electrical Stimulation (FES) Bike
- Objective Gait Analysis System
- Body Weight Support System.

Why Choose Us?

- Board Certified Clinical Specialist
- Highly skilled therapists (LSVT BIG © Certified)
- Private treatment rooms
- Consistency with care (Treated by the same therapist)
- Registered with all major insurance companies

Affordable Payment Options

- Affordable Out of Pocket/ Cash Pay/
- Nonparticipating Options Offered
- We also offer discounted packages.

Contact Us

ASARA Physical Therapy & Balance Clinic

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Gait Training Program

Evidence Based Approach



At Asara we treat the whole person

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Gait Training Program

The Gait Training Program at Asara Physical Therapy and Balance Clinic is designed to optimize mobility, enhance functional independence, and improve quality of life for individuals with gait impairments due to neurological, vestibular, or musculoskeletal conditions. Our evidence-based approach incorporates advanced technology and targeted interventions tailored to each patient's needs.

Key Components of the Program

Objective Gait Analysis

- ▶ Utilizes motion sensors for detailed spatial-temporal analysis and kinetic measurements.
- ▶ Assesses joint angles at the knee and ankle, stride length, cadence, and symmetry.
- ▶ Enables precise identification of gait deficits to develop individualized treatment plans.

Personalized Gait Rehabilitation

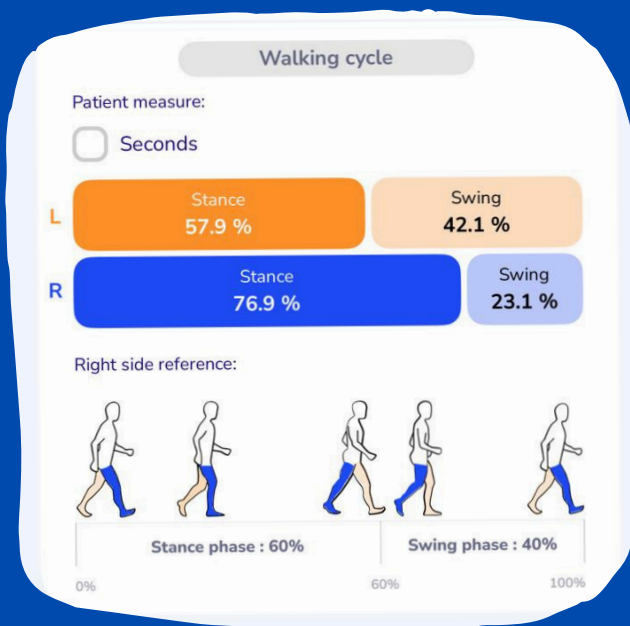
- ▶ Based on gait analysis findings, our team formulates a customized therapy plan to address specific deficits..
- ▶ Emphasizes improving biomechanics, motor control, and functional mobility.

Early Overground Body Weight Support Training

- ▶ Incorporates a body weight support system to promote safe, progressive ambulation.
- ▶ Program enables early gait training for patients with limited weight-bearing capacity or high fall risk.

Treadmill Training with Visual & Auditory Cues

- ▶ Encourages consistent cadence, stride length, and gait symmetry.
- ▶ Combines sensory cues to improve rhythm and coordination.



ASARA Physical Therapy & Balance Clinic

Dynamic Gait Training

- ▶ Includes tasks requiring quick changes in direction and varying walking speeds.
- ▶ Enhances agility and adaptability during functional activities.
- ▶ Focuses on navigating real-world challenges such as stepping over obstacles and changing surfaces.
- ▶ Speed and agility training.
- ▶ Cognitive gait training- Includes divided attention tasks to enhance dual-tasking skills and promote greater functional independence.
- ▶ Builds confidence and reduces fall risk during ambulation.

Program Goals

- ▶ Restore optimal walking mechanics and improve overall mobility.
- ▶ Increase strength, endurance, and agility for daily activities.
- ▶ Enhance safety and confidence during ambulation
- ▶ Reduce the risk of falls and associated injuries.

This comprehensive program leverages advanced technology and innovative therapies to deliver measurable outcomes and improved patient satisfaction.