

MEDICAL NOTES

Gait Disorders and Abnormalities

Gait is the pattern that you walk. Sometimes, an injury or underlying medical condition can cause an abnormal gait. You may notice an abnormal gait if you drag your toes when you walk, take high steps or feel off balance when walking. Certain gait abnormalities are temporary, and others require lifelong management.

What is a gait?

A gait is your pattern of walking. When you walk, your muscles balance and coordinate your movement.

What is an abnormal gait?

An abnormal gait is a change to your walking pattern. Everyone's natural walking style is unique. However, injuries and medical conditions can affect your walking pattern. Anything that affects your brain, spinal cord, legs or feet can change your gait. Some common examples of an abnormal gait include:

- Limping.
- Dragging your toes.
- Shuffling your feet.
- Short steps.
- Difficulty supporting the weight of your body.
- Trouble with coordination.

Another term for an abnormal gait is ambulatory dysfunction.

RESIDENT SPOTLIGHT



Helen Landrum

Congratulations goes to Helen Landrum who is a resident here at Legacy Ridge! Helen was born and raised in Cobb County where she attended Greers Chapel Church in Kennesaw Ga. Helen had five brothers, one sister, and three children of her own. She loved camping and traveling the world with her family. We are so happy to have her here.

EMPLOYEE OF THE MONTH



Kendra Cofield

Congratulations goes to Kendra Cofield who has been a CNA/Med-Tech here at Legacy Ridge since July 15, 2013!! Kendra was born in Germany and lived in Maryland as well as Virginia. Kendra moved to Georgia in the fall of 1996. Cooking is her favorite hobby along with anything else that's fun to do. She enjoys going beyond her call of duty. We are so happy to have her here at Legacy Ridge Sweetwater Creek!!!! Congratulations and keep up the great work!!!!

THE JOURNAL



The Monthly Newsletter of the Legacy Ridge Sweetwater Creek Community

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BIRTHDAY'S

Ineva Fraser 4/10

James Westbrook 4/26

Edward Cook 4/24

Laurie Riddling 4/28



FUN FACTS FOR THE MONTH OF APRIL 2023

April Fools' Day 4/1

National Decorating Month

World Autism Awareness Day 4/2

National Mug Your Dog Month

Good Friday 4/7

Easter Day 4/9

National Walking Day 4/5

National Burrito Day 4/6

Earth Day 4/22

National Garden Month

Stress Awareness Month

National Garden Month