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# Introduction to the Clinical Use of the Infinity Walk<sup>®</sup> Method

A Developmentally Progressive and Integrative Systems Approach to Clinical Treatment

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Instructor/Author: Deborah Sunbeck, PhD

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## Course:

### The Infinity Walk<sup>®</sup> Method:

#### A Developmentally Progressive and Integrative Systems Approach to Clinical Treatment

Category: Clinical Practice (preschool - geriatrics)

For: Allied Rehab. Healthcare Providers: *e.g. OT, OTA, PT, PTA SLP, OD, RN, LPN, NA, RT, RTA, supervised students*

Format: Online web; PDF portfolio download, textbook and DVD (purchase separately), online final exam

Credit Hours: 12

Approved for 1.2 AOTA CEU

Course Fee: \$259

Discount: \$199 coupon available for U.S. licensed/registered healthcare providers/ students under clinical supervision  
OR \$100 discount coupon if attended one of Dr. Sunbeck's 6-hour CEU courses (both exp.2/28/10)

To quality and get your coupon code go to [www.infinitywalk.org](http://www.infinitywalk.org)

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## Description:

**New Course:** *This is a new, and the most complete Infinity Walk course for the allied health provider who wants to gain foundational knowledge and develop treatment skill in Dr. Sunbeck's Infinity Walk Method. Infinity Walk is a progressive and integrative systems approach to remedial and restorative treatment as well as to fall prevention and early childhood intervention. Healthcare providers who have already attended any of Dr. Sunbeck's 6-hour CEU courses will gain much additional knowledge from this course.*

The course introduces the Infinity Walk Method's broad range of use with patients, clients and students from pre-school to geriatric settings. Infinity Walk Method's broad application across age, client factors, context and skill level is possible because of the method's 1) progressive developmental approach, 2) use of a "just-right" incremental learning model that is intrinsically rewarding to the patient; 3) fostering of a psycho-socially sensitive collaboration between therapist and patient; 4) ease of being adapted and modified for special needs; 5) use as a quick informal assessment tool that informs the therapist while motivating the patient; and, 6) contribution of a cross-specialty shared common methodology with patient-friendly terminology that supports a team approach by allied health rehab providers.

The course provides an essential foundation for clinical use of the Infinity Walk Method, including practical information and resources that will enhance the professional's ability to provide intensive, goal-directed and effective therapy. Experienced therapists will gain adequate skills in the Infinity Walk Method to immediately begin using the method with select patients and special education students. Therapists who serve in pediatric, school-based, rehabilitation and geriatric settings will gain ample working knowledge to immediately apply the method within their specialty area of expertise.

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## Healthcare Provider and Other Professional Endorsements

To familiarize yourself with Infinity Walk Method in Health Care and Education, and read what other health professionals say about it you can browse Dr. Sunbeck's website at <http://www.infinitywalk.org>.

OTs, PTs and OD's endorse Infinity Walk training, whether their specialty is pediatrics, geriatrics, school-based, or, physical/neuro-rehabilitation. Read OT and PT endorsements and comments about their CEU workshop experience with Dr. Sunbeck at: <http://www.infinitywalk.org/HealthCare/OT-course-feedback.htm>  
<http://www.infinitywalk.org/HealthCare/PT-feedback.htm>  
<http://infinitywalk.org/Education/EducationalSeminarFeedback.htm>  
<http://infinitywalk.org/About-IW/Endorsements.htm>

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## Multi-Media Online Learning with Text, DVD and Five Labs

Course materials include the instructor's text and DVD, web-based multi-media instruction, and downloadable PDF resources. Learning approach includes:

- Instructor's own Text and DVD: *Infinity Walk: The Physical Self*
- Instructor lecture via web-based text, rich with illustrations and photos
- Live Web links to additional resource materials
- Five ½ hour lab experiences using the Infinity Walk Method:
  - Understanding the Infinity Walk Sensory-Motor Circuit
  - Bilateral motor skill and sensory-motor coordination applications
  - Sensory Modulation, Attention and Motivation applications
  - Oculo-motor and Visual-Motor skill applications
  - Method Modification for Infinity Riding (non-gaiting applications)
- Video Case Study: Clinical Observations, 2-3 paragraphs (choice of pediatric or neuro-rehab)
- Final exam is multiple-choice. There is a required passing score of 80%. The exam may be repeated until reaching 100% success for added learning value.

The initial study topics focus on understanding essential basic knowledge, research and theory behind Infinity Walk Method. Topics progress to Infinity Walk Method clinical observation skills and various treatment techniques utilized with the method. Lastly, special topics are covered.

Five progressive Infinity Walk skill training labs are woven through the course so learning is immediately applied through "hands-on" practice with the learner being both therapist and patient. Thus every learner will know how to apply the method in clinical settings and have personal experience of the method's ability to progress skills that the learner has targeted.

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## Learning Objectives

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### Course Goal:

The Learner will gain foundational working knowledge in Dr. Sunbeck's Infinity Walk Method and will be able to begin to apply informal assessment and treatment basics of the method within their established area of health care expertise. The Learner will gain understanding in Infinity Walk Method's various healthcare applications and how its value is expanded by a multi-profession team approach and an intrinsically motivating practice model. The Learner will gain knowledge of how to modify the method for Infinity Riding, when gaiting is not possible or advisable. The Learner will gain practical information which will enhance their ability to provide intensive, goal-directed and effective therapy. The experienced therapist will gain adequate skills to immediately begin using the method in a clinical setting with select patients and students.

### Learner Outcomes:

#### Upon completion of this course, the Learner should be able to:

- 1) Describe the neurological foundation of Infinity Walk theory and method.
- 2) Describe the Infinity Walk methodology, and treatment applications for gaiting balance and coordination; sensory-integration; sensory modulation; oculomotor and visual-motor control; ankle flexibility; bilateral eye tracking across the midline; bilateral neck reflex; trunk rotation and lengthening; and more.
- 3) Describe how perceptual, expressive language, cognitive and socio-emotional skill training can be progressively integrated into attention, sensory and motor skills training.
- 4) Plan appropriate Infinity Walk treatment strategies based on client factors and presenting symptoms.
- 5) Begin using the method as an informal assessment of attention, balance and motor skills, sensory modulation, and bilateral sensory-motor integration; and, their competing impact on process and communication/relational skills.
- 6) Begin to facilitate therapeutic gains in multiple components of performance while engaging the Infinity Walker (or Infinity Rider) in just-right increases in activity demands.
- 7) Describe contraindications to using the standard gaiting version of Infinity Walk Method and describe how to modify the method to accommodate special client needs. (e.g. Infinity Riding; Infinity Therapeutic Horseback Riding; Infinity Water Walking/Dog Paddle)
- 8) Articulate to patients, caregivers and paraprofessionals how to facilitate additional practice of Infinity Walk treatment goals at home and in residential care settings. Use provided resource materials to explain Infinity Walk and motivate patient's participation in treatment progress. Use provided brochure and educational site web-link to teach patient's family, friends and volunteers how to positively facilitate between-treatment practice when appropriate.

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## About the Instructor/Author

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Deborah Sunbeck, PhD is a NY licensed psychologist with over 20 years of multi-disciplinary experience in child and adult psychotherapy; behavioral medicine; developmental and learning delays; sensory-behavioral deficits; psychological factors that inhibit medical treatment efficiency; and, in methods that intrinsically motivate adults and children to be full participants in the management of somatic complaints. She is the creator of "Infinity Walk", a versatile therapeutic method that adds treatment, informal assessment, and home-practice value to OT, PT, OD, SLP, and other clinical health care practices. Her 2002 book, *The Complete Infinity Walk - The Physical Self* was written specifically for the health profession. Since the publication of her original 1991 book, *Infinity Walk: Preparing Your Mind to Learn*, early education teachers and special education specialists around the world have been using Infinity Walk as an attention, motivation, learning and skill building method. Deborah teaches internationally, and maintains a part-time private practice in beautiful upstate New York.

E-mail: [sunbeck@infinitywalk.org](mailto:sunbeck@infinitywalk.org)

Phone: 585-381-2270

Fax: 585-381-7116

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**Course Text and DVD:** The course requires the use of the instructor's text and companion video. Text: *The Complete Infinity Walk; The Physical Self* (2002) and the companion DVD of the same name (2003). Price of this course does not include the book and DVD. They may be purchased at discount if purchased together. Groups may share texts and DVDs if they wish. To obtain the discounted price of \$35 for the combination of textbook and DVD, purchase from [www.infinitywalk.org](http://www.infinitywalk.org). (Saves \$9 to purchase together.) They may also be purchased individually from [www.Amazon.com](http://www.Amazon.com) and [www.pdppro.com](http://www.pdppro.com).

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## Course Content

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### **I. FOUNDATION KNOWLEDGE: Overview, Theory, Research and Frames of Reference**

#### **A: Overview of Infinity Walk Method**

#### **B. History of Development of the Infinity Walk Method**

#### **C. Theoretical Frames of Reference for Infinity Walk Method**

Biomechanical Frame of Reference

Rehabilitation Frame of Reference

Developmental Theory Frame of Reference

Acquisitional Frame of Reference

Psychosocial Frame of Reference

Behavioral-Motor Frame of Reference w/ "Window of Opportunity"

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Blending Multiple Practice Models with Infinity Walk Method

## **D. Infinity Walk Method Use in Health Care and Special Education**

Infinity Walk Skill-Building Methodology Across the Professions  
Clinical Teaming  
Time-Cost Efficiency of Infinity Walk Teaming

## **E. TEXTBOOK: Chapter 1: A First Look at Infinity Walk (pp. 1-6)**

The Brain – Mind Conflict  
Infinity Walk – A Surface Glimpse

## **F. TEXTBOOK: Chapter 2: Bilateral Brain Duality (pp. 9-24)**

The Lateral Duality of the Senses and Muscles  
The bilateral brain  
Bilateral movement –intentional, rhythmic, reflexive  
Lateral movement between hemispheres  
The bilateral limbic system  
The bilateral brain stem  
Lateral Dominance vs. Lateral Bias  
Neural Priming – Getting the Brain's Attention  
Eye and ear tracking –with the help of the neck  
Priming the four visual fields  
Two central and two peripheral visual fields  
Peripheral Vision Research on Anxiety and Depression

## **G. TEXTBOOK: Chapter 5: Hemispheric Brain Dominance (pp. 57-78)**

The “Left-Language and Right-Art” Controversy  
The Visual Fields Studies of the Hemispheres  
Speech and language: one hemisphere or two?  
The facial and geometric decoding research  
The “Emotional” Right Brain – Wrongly Accused  
The Hand, Speech and Facial Decoding Link  
Do Hemispheres Ever Act Like Separate Personalities?

## **H. Bi-Lateral Hemispheric Neural Priming Theory and Research**

Laterally Intermittent Neural Priming  
Repetition Neural Priming and Cerebellum's Role in Skill-Building  
One Mid-line, Two Hemispheres, Four Visual Fields, Fluctuating Neural Responses

## **II. INFINITY WALK APPLIED METHODOLOGY WITH EXPERIENTIAL LAB**

### **A. The “Flow” Experience: Integrating Just-Right Rhythm, Tempo and Direction**

Using a Common Patient-Friendly Terminology  
Flow: The Qualitative Experience of Progressing Functional Movement and Ability  
Components of Flow

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Flow and Learning Theory  
Flow Explained by Vision Therapy Expert, Ray Gottlieb, O.D., Ph.D.  
Flow and Sports  
Make Flow a Goal and Reward of Each Therapy Session  
Therapy Flow Experiences Continue into After-Session Successes

Rhythm, Tempo and Direction:

The Three Quantitative Measures that Describe Movement Skill and Functional Ability

Rhythm -Use of Rhythm in Infinity Walk Method

Tempo – Use of Tempo in Infinity Walk Method

Direction – Use of Direction in Infinity Walk Method

Finding Rhythm, Tempo, Direction in Sensory Integration and Sensory Modulation

**B.1 VIDEO: Companion DVD to the Textbook**, 25 minutes

**B.2 Instructor/Author commentary with DVD Time Codes**

**B.3 TEXTBOOK: Chapter 4: Sensorimotor Therapy** (pp. 41-54)

Using Infinity Walk as a Clinical Tool

A Clinical Case Study with Video Footage

The Physical Health Professions and Infinity Walking

**B.4 Case Study Assignment:** (clinical observations from video, brief: 2-3 paragraphs)

**B.5 SUBMIT assignment to Dr. Sunbeck** (use submit button in assignment text box)

**C. TEXTBOOK: Chapter 6: Starting Your Infinity Walk** (pp. 81-98)

Establishing Space, Time and Direction for Infinity Walking

Establishing Your Infinity Walking Space

Ideas for defining your Infinity Walk space

Indoor spatial aids

Outdoor spatial aids

Establishing Your Infinity Walk Timing

Timing Aids

Metronome and Music

The Breathe, Walk and Talk Challenge

Establishing Your Direction of Infinity Walking

Creating the “Field of Sensory Focus”

Putting it Together: Space, Time and Direction

**D. The Infinity Walk Sensory-Motor Circuit**

Illustrated Overview – Understanding the Infinity Walk Sensory-Motor Circuit

Clinical Observations – Skill Deficits are Quickly Revealed During Infinity Walking

**E.1 EXPERIENTIAL LAB #1**

Establishing and Navigating Your Own Infinity Walk Sensory-Motor Circuit

*E.2 “Medical Restrictions/Modified Use of Standard Infinity Walk Method” form*

*“INFINITY WALKING FACES illustrated therapist notes” form*

**F. ADDITIONAL REFERENCES FOR MODULE II**

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**III. Progressing The Method: Attention, Sensory Modulation, Coordination and Flow w/Labs**

Online CEU  
Course Overview  
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[Sunbeck@infinitywalk.org](mailto:Sunbeck@infinitywalk.org)  
[www.infinitywalk.org](http://www.infinitywalk.org)

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## **A. Sensory Modulation and Observable Flow in Motor-Behavior**

Developing Sensory Modulation Skill by Seeking the Felt Sense of Flow  
Prioritizing Flow and Sensory Modulation Needs When using Infinity Walk  
Sensory Modulation in Occupational Therapy  
Approach-Avoidance: sensory seeking and seeking avoiding  
Learned Limitation and Perceived Helplessness  
Sensory Modulation, Behavior Modification and the Limbic System

## **B. TEXTBOOK: Chapter 7: Natural Movement and Gait (pp. 101-125)**

Rhythmic Flexibility in Natural Gait Movement  
What the Horse Can Teach Us About Movement  
What Children Can Teach Us About Movement  
What Athletes Can Teach Us About Natural Movement

## **C. DVD Review:** ballerina's FLOW observable while Infinity Walking examples of improved flow by various videotaped Infinity Walkers

### **D.1 EXPERIENTIAL LAB #2**

#### **Establishing Infinity Walk Baseline Flow**

#### **D.2 "Infinity Walk Checklist for Baseline Attention, Sensory Modulation and Flow" (PDF)**

## **E. TEXTBOOK: Chapter 8: Infinity Walk Gait Mastery ( pp. 127-152)**

The Finer Details of Infinity Walk Gait Mastery  
Assessing Your Current Infinity Walking Skills  
Fine-Tuning Torso Rotation and Arm Swing  
Aids to Help Develop a Rhythmic Arm Swing  
Releasing Muscle Tension from the Physical Self  
Alternating Left and Right Dominance for Gaiting  
Getting Off-Gait When Learning is New  
Four Limb Gait Method of Infinity Walking  
The Precision 2-Beat Trot  
The Relaxed 4-Beat Amble  
Three Limb Gait Method of Infinity Walking  
Two Limb Gait Method of Infinity Walking  
Prioritizing Rhythm over a Specific Gait  
*Test Yourself On Chapter 8 (in module III)*

### **F.1 EXPERIENTIAL LAB #3**

Integrating Head-to-Toe Coordination and Flow into Your Practice of Infinity Walk Ambulation

#### **F.2 "Infinity Walk Checklist: Integrated Coordination & Flow during Ambulation" (PDF)**

#### **F.3 "Electronic Email Submission" Lab #3 Clinical Impressions and "Patient" Feedback (1-2 paragraphs)** Short overview of Lab experience from perspective of both therapist and patient

## **G. ADDITIONAL REFERENCES FOR MODULE III**

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## **IV. Special Topic: Ocular-Motor, Visual Attention and Visual-Perceptual-Cognitive Skills w/ Lab**

### **A. Ocular-Motor, Visual Attention and Visual-Perceptual-Cognitive Skills**

Overview

Developmental Framework for Visual-Perceptual Skills Assessment and Training

Sensory Modulation and Balance Security Prerequisites to Visual-Perceptual Training

Infinity Walk Checklist for Ocular-Motor and Visual-Perceptual Training

Neuromotor Foundations: Oculomotor and Vestibulo-Ocular Control

Fixation on a Single Point of Visual Interest

Extraocular Range of Motion and Visual Tracking Skill Practice

Bi-Lateral Eye Tracking and Neck Rotation

Benefits of Including Peripheral Visual Tracking while Infinity Walking

Smooth Visual Pursuit Using Central and Peripheral Vision

Integrating Smooth Visual Tracking into Infinity Walk Movement Flow

Infinity Ride – Accommodate Balance Instability to progress More Visual Skills

Visual Attention

Scanning

Infinity Walk Visual Scanning Practice for Reading and Writing

Pattern and Object Recognition

The Whole Story = Object-Concept-Pattern + Affect

How to Create Optimally Challenging Visual Pattern/Object Targets

Visual Unfamiliarity and Balance – Using Infinity Walk to Assess for Risk of Falls

Visual Memory

Short-term Visual Recall and Memory

Long-term Visual Memory Retrieval

Visual Memory is Stored as Object-Concept-Pattern + Affect

Object and Spatial Memory Challenges – Photos and Videos in the Mind's Eye

Prioritize Flow and Integration of Challenges into Flow

Memory and Balance – Using Infinity Walk to Assess Risk of Falls

Visual Cognition

Cognition and Balance – Using Infinity Walk to Assess Risk of Falls

Visual Affect - The Overlooked Skill in Visual Perceptual Models of Development

Visual-Affect, Emotions and Balance – Using Infinity Walk to Assess for Risk of Falls

Visual-Motor and Spatial-Temporal Skills Needing Body Schema and Optic Flow

### **B.1 EXPERIENTIAL LAB #4**

**Infinity Walk Method: Focus on Visual and Vestibular-Proprioceptive Skills**

B.2 "Infinity Walk Checklist: for Ocular-Motor and Visual-Motor Training" (PDF)

### **C. ADDITIONAL REFERENCES FOR MODULE IV**

## **V. Special Topic: Basic Rehabilitation Uses and Adaptations for Infinity RIDE Method w/Lab**

### **A. Basic Rehabilitation Uses and Adaptations for Infinity Walk Method**

Traditional Physical Rehabilitation Approaches Compatible with Infinity Walk Method

Clinical Assessment Using the Infinity Walk Sensory-Motor Circuit

Functional Balance

How Aging Affects Balance and Coordination

Using a Light Touch Infinity Walk Circuit Boundary



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Using a Light Maintained Touch Along the Infinity Walk Circuit Boundary  
Using Guided Movement/Active-Assistive Movement with Infinity Walk  
Using Single or Parallel Figure-Eight Rails  
Using Seated Mobility

Range of Motion, Muscle Release and Lengthening  
Gaiting Strength and Endurance  
Eye-Hand Coordination and Hand-Arm Strengthening Along the Infinity Walk Circuit  
Infinity Therapeutic Horseback Riding  
    From Horse Events to Residential Care: Replacing Barrels with Two Round Tables  
Aquatic Therapy and Exercise: Infinity Swimming, Water Walking and the "Reptile Glide"  
Ideas for Ways to Ambulate with the Infinity Walk Method  
    Ways to Infinity Walk  
    Ways to Infinity Ride  
    Ways to Infinity Swim  
Improving Therapeutic Exercise Compliance

## **B.1 EXPERIENTIAL LAB #5**

### **Infinity RIDE: Integrating Coordination and Flow into Seated Ambulation**

Infinity RIDE: The Basics for First Time Infinity RIDER & Facilitator  
Establishing the Infinity Circuit for Shared Infinity Riding & Facilitator Infinity Walking  
Establishing Tempo/Pace of Shared Infinity Riding and Facilitator Infinity Walking

## **B.2 "Infinity RIDE Checklist: Integrated Movement & Flow during Ambulation" (PDF)**

## **C. ADDITIONAL REFERENCES/FOOTNOTES FOR MODULE V**

### **Instructor's Closing Thoughts and Link to Exam Website**

### **Course Bibliography and Resources**

**Final Exam - Multiple Choice** *(required for certificate of completion and AOTA CEU credit.*

*Not seeking AOTA credit, but wish CEU credit for another healthcare discipline?*

*Professionals of other healthcare disciplines are encouraged to receive approval for CE credit for this course from their national/regional professional organization that grants CEU approval. Approval is not needed to register for the course, but may be needed to have this 12 hour course be applied to national or state level CEU license renewal requirements other than AOTA's.*