



## Walking Tall App



UNSW  
SYDNEY



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Tyree Foundation  
Institute of Health  
Engineering

### ***A new Parkinson's app helps improve walking gait using audio cues and virtual rewards***

In 2023 the Walking Tall app was launched, co-designed by individuals living with Parkinson's Disease, with a focus on enhancing walking abilities and endurance. Led by A/Prof Matthew Brodie, the UNSW team developed this app in partnership with spinout Walking Tall Health following a successful clinical trial supported by the Shake It Up Australia Foundation and The Michael J. Fox Foundation. The development was facilitated by the Tyree IHealthE Catalyst Award and Tyree IHealthE Software Foundry.

Now available in five languages, the app offers audio guidance and encouragement to help users improve their gait, addressing the slower and smaller movements often associated with Parkinson's. Users can customise their training time and pace, with the app providing a consistent metronome beat to match the preset pace. Throughout the session, audio commentary motivates users, while written reminders on the Walking Tall platform encourage focus on big steps, chin elevation, and proper posture. Virtual trophies are awarded upon reaching training milestones.

The app is free for download on iOS and Android stores, making it a vital resource for individuals facing the challenges of Parkinson's disease.

#### At a glance



Approximately **10 million** people globally are afflicted by Parkinson's disease.



Including **150,000** people in Australia.



App is **free** to download making it accessible.



App has been **co-designed** with people living with Parkinson's disease.

*People living with Parkinson's Disease have to think about every single step they take. We asked them how much mental effort it takes for them to walk, and often they would say 100%. This app can give people confidence and also a sense of achievement that they can be empowered and do something for themselves to help their own condition*

**A/Prof Matthew Brodie**  
Founder, Walking Tall Health



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