

Manual Therapy Strategies for the Adult Neurological Population: *Lower Quadrant*

Teresa Siebold, BHScPT, BScKin

February 28 and March 1, 2015

Vancouver

Course Description

Neurological insult is a major cause of functional limitations and reduced social participation by Canadians every year. Movement impairments are caused by both reduced neurological control and the consequences of immobility and mal-alignment. Research supports active participation, sensory input and the normality of experience in movement to promote functional recovery. Transitions, standing and walking are examples of functional recovery that are performed more efficiently when range of motion and alignment are optimized.

The course will combine Neurodevelopmental Treatment (NDT) principles with orthopedic approaches to provide therapists with an understanding of 'normal' alignment of the lower quadrant and a variety of dynamic strategies and handling skills to restore it.

Learning Objectives

1. Review the anatomy and kinesiology of the lower trunk, pelvis, leg and foot (lower quadrant).
2. Understand 'normal' alignment of the lower quadrant.
3. Review common neurological mal-alignments of the lower quadrant.
4. Recognize the importance of alignment of the lower quadrant for function.
5. Understand the benefits of dynamic client participation versus passive treatments.
6. Increase knowledge of dynamic strategies to prevent mal-alignment and to promote function of the lower quadrant.
7. To facilitate activation of the lower trunk, hip and lower extremities of the neurologically impaired client through active support/weight bearing and modified support strategies.

Target Audience

Physiotherapists and Occupational Therapists
Maximum enrollment is **20**.

Location

G.F. Strong Rehab Centre 4255 Laurel St. Vancouver, Main PT Dept.

Faculty

Teresa Siebold, B.H.Sc.PT, B.Sc.Kin, C/NDT, is a Physiotherapist with over fifteen years of experience in adult neurorehabilitation. She began instructing post-graduate courses for PT's, OT's and assistants in 2008. Teresa is a Physiotherapy Instructor Candidate with the NDTA. She has served in clinical and leadership positions on a Stroke Unit, neurosurgical and neuro-investigating units as well as inpatient and outpatient rehabilitation settings. Currently, Teresa is working at the Association for the Rehabilitation of the Brain Injured (ARBI) in Calgary. Teresa has practiced in Ontario, British Columbia and Alberta, where she is also a private practitioner. Teresa has presented three clinical posters: in 2012 at the Association for Spinal Cord Injury Professionals (ASCIP) Conference in Las Vegas, in 2013 at the Stroke Congress in Montreal, and in 2014 at the Bendable Brain Conference in Las Vegas.

Tuition

Before January 19: \$520 plus 5%GST= **\$546.00**; after January 19: \$570 + 5% GST= **\$598.50**. Includes light breakfast, lunches, refreshments and an extensive manual. Deadline for registration is February 13, 2015. Make cheques payable to Dianna Mah-Jones OT Consultant. NSF cheques are subject to a \$25 administration fee. E-Interac transfer can be arranged (no credit cards).

Refund Policy

Withdrawal notice given 14 days prior to the course will receive a full refund less a processing fee of \$40. No refunds will be given after that date but you may send an alternate. If enrollment is not sufficient the course may be cancelled in which case you will be notified 10 days prior to the event and be refunded the full registration fee. Please do not book flights until the course is confirmed.

Information

Contact Dianna at dmjot@shaw.ca or call (604) 263-8730 after 1900h.

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Name: _____ Profession: _____

Company: _____

MailingAddress: _____ Postal Code: _____

Phone: Work _____ Home: _____

email: _____ Food Allergies: _____

Accommodation info requested _____ GST#: 897046587RT0001

Registration Fee: before January 19: \$546.00. After January 19: \$598.50. Price includes GST. Deadline February 13. Make cheques payable to Dianna Mah-Jones OT Consultant; send to 1243 W 64th Ave. Vancouver V6P 2M7.