



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

Teresa Siebold B.H.Sc.PT, B.Sc., NDTA™ PT Instructor

October 21 & 22, 2017
Vancouver

Course Description

Each year, a growing number of Canadians live with impairments secondary to suffering a stroke or brain injury. This has been shown to significantly impact many survivors' functional abilities and quality of life. Activity and participation restriction are due to reduced neuro-motor control, as well as the secondary consequences of immobility and mal-alignment. *Normal movement can only be pursued when range of motion and alignment are maintained.* Research supports sensory input, active participation and normal experience in movement to promote functional recovery. This two-day course will combine NDT principles with orthopedic approaches to provide therapists with an understanding of 'normal' alignment of the upper quadrant and a variety of dynamic strategies and handling skills to restore it.

Learning Objectives

1. Review the anatomy and kinesiology of the trunk, shoulder girdle, forearm, wrist & hand (UQ)
2. Understand 'normal' alignment of the upper quadrant.
3. Review common neurological mal-alignments.
4. Recognize the importance of alignment for function.
5. Understand the benefits of dynamic client participation versus passive treatments.
6. Increase knowledge of dynamic manual strategies to prevent mal-alignment and to restore functional alignment.
7. To facilitate activation of the trunk, shoulder girdle and upper extremity of the neurologically impaired client through active support/weight bearing and modified support strategies.

Target Audience

Physical and Occupational Therapists

Format

Lecture, discussion, videotaped client demonstration, hands-on practice amongst group

Speaker

Teresa Siebold, B.H.Sc.PT, B.Sc., NDTA™ PT Instructor, is a physiotherapist with almost twenty years of experience in adult neurorehabilitation. As an educator, Teresa began instructing post-graduate courses for PT's, OT's and assistants in 2008. She was an invited speaker at the 2016 *Behavioral Cues & Clinical Clues* conference in Memphis, TN. Teresa has served in clinical and leadership positions on Stroke Units, neurosurgical and neuro-investigating units as well as inpatient and outpatient rehabilitation settings. She has worked, and informed her practice with courses, in the areas of orthopedics, peripheral nerve mobilization and vestibular rehabilitation. Currently, Teresa is working at the Association for the Rehabilitation of the Brain Injured (ARBI) in Calgary. Her article "NDT in Acute Care: Advocating for and Promoting Early Recovery" was published in the *NDTA Network* March/April 2016, and she was a contributor to the text book *Neuro-Developmental Treatment: A Guide to NDT Clinical Practice*, 2016 ed, Thieme Publishing.

Location

OT/PT Dept. G. F. Strong Rehab Centre 4255 Laurel St. Vancouver V5Z 2G9

Schedule

Saturday: 8:00 - 8:30 Registration & breakfast; 8:30 – 4:30 program

Sunday: 8:00 - 8:30 breakfast; 8:15 – 4:15 program.

TUITION

Before August 31: \$575+ GST = \$603.75; after August 31, \$635.00 + GST = \$666.75

Fee includes breakfasts, lunches and refreshment breaks plus course manual.

Deadline for registration is September 29, 2017

Make cheques payable to Dianna Mah-Jones OT Consultant. Post-dated cheques accepted—tuition according to the above timelines. NSF cheques will be subject to a \$30.00 administration fee **plus** any bank charges. E-transfers can be arranged; sorry, no credit cards. Confirmation of registration will be by e-mail. Do not book flights until the workshop itself is confirmed.

REFUND POLICY

For cancellation prior to the deadline, a \$50.00 processing fee will be charged. For cancellation after the deadline **no refund** will be given but you may send an alternate. In the event the organizer cancels the course for any reason, a full refund will be issued for the course fee only.

ACCOMMODATION

The Park Inn and Suites, 898 West Broadway, is 17 blocks north of GFS. Contact them at reservations@parkinn-vancouver.ca or call 1-800-663-5403. Quote Dianna Mah-Jones Occupational Therapy for a corporate rate of \$105 plus 14.24% tax for a Standard room with 2 double beds. (2017 winter rate). The #17 bus on Oak St. comes every 10 minutes.

INFORMATION

Contact Dianna at dmjot@telus.net or call (604) 263-8730 to leave a message.

Manual Therapy Techniques for the Adult Neurological Population: Upper Quadrant
October 21 & 22, 2017

Name: _____ Profession: _____

Company: _____

Mailing Address: _____ Postal Code: _____

Phone: Work: _____ Home: _____

email: _____ Dietary restrictions: _____

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