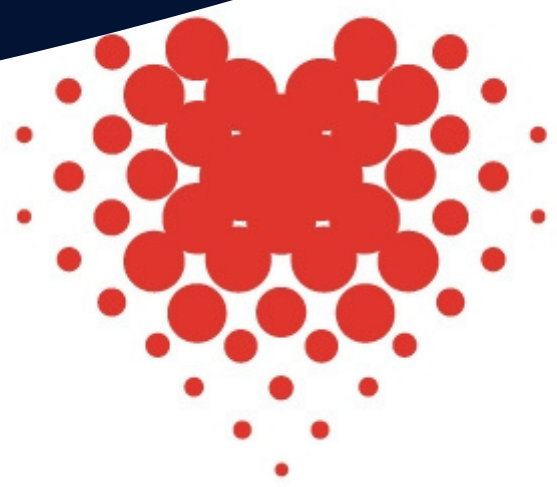




Manitoba
Physiotherapy
Association



FOCUS ON FUNCTIONAL WALKING: GAIT CONCEPTS FOR PHYSIO & OCCUPATIONAL THERAPISTS



2026

Fri. May 1st 8:00am-4:30pm
Sat. May 2nd 8:00am-4:30pm
Sun. May 3rd 8:00am-4:00pm



Teresa Siebold

B.H.Sc.PT, B.Sc., C/NDT is a physiotherapist with over twenty-five years of experience in neurorehabilitation. As an educator, Teresa began instructing post-graduate courses for allied health professionals in 2008. She has taught throughout Canada and internationally. Since 2015, Teresa has been a Specialist Instructor for the Therapy Assistant's Programs, initially at Red Deer College, and more recently at Southern Alberta Institute of Technology. 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 also worked, and informed her practice with courses, in the areas of orthopedics, peripheral nerve mobilization, breathing and postural control, and vestibular rehabilitation. Currently, Teresa is a senior physiotherapist on the Stroke Unit at the Foothills Medical Centre in Calgary, Alberta.

Registration

All prices are subject to 5% GST

MEMBER CATEGORY	FEE
CPA Member	\$700.00
Non CPA Member	\$850.00
CPA New Graduate*	\$350.00

Registration deadline is April 2, 2026.

Early bird draw for \$100 rebate on course will take place for all paid registrants on February 1, 2026.

Register Online at
mbphysio.org

Description

Walking and standing are functional activities that are performed throughout the day during activities of living. After stroke, brain injury or other neuromotor disorders, standing and walking are often significantly affected, impacting every aspect of a client's activity and participation. This 3-day NDT inter-professional session will provide course participants with the ability to perform detailed observational analysis of standing, walking and stairs. Practical components will include hands-on labs, video analysis, patient demonstration, and the opportunity to work with real patients. This course will emphasize a problem-solving approach, and experiential learning will provide participants with handling skills as well as ideas and strategies for optimizing treatment sessions and patient outcomes.

Target Audience

This practical session is relevant for Physiotherapists and Occupational Therapists working in all practice settings. Pre-Requisite: at least 1 previous NDT course. If any questions, please contact the course host.

Learning Objectives

UPON COMPLETION OF THIS COURSE, THE LEARNER WILL:

- Describe normal gait principles and mechanics and analyze atypical gait patterns.
- Examine the relationship between the lower and upper limbs
- Defend the importance of not dividing the body in therapies.
- Apply the Contemporary Practice of NDT in the management of standing and gait inefficiencies secondary to neuromotor conditions.
- Apply the ICF framework to identify participation restrictions, activity limitations and to define impairments.
- Perform detailed task and movement analysis of functional activities including standing, walking, and stairs.
- Refine handling skills including facilitation of the trunk, lower and upper extremities to encourage normal gait patterns.
- Expand treatment options to promote client engagement and to ensure goal-oriented sessions.
- Incorporate knowledge of neuroplasticity, motor learning, and functional performance when developing efficient treatment plans.