



Manitoba Association  
Physiotherapy manitobaine de  
Association physiothérapie

PRESENTS

## PAEDIATRIC PHYSIOTHERAPY FOR CHILDREN WITH CP AND SIMILAR NEUROMOTOR CONDITIONS

K2: Continuing Education in Paediatric Physiotherapy

### COURSE DETAILS:

- **Location:** Conference Room ABC, Sport Manitoba,  
145 Pacific Avenue, Winnipeg MB
- **Dates & Times: Friday & Saturday  
May 12-13, 2023 8:15am – 4:15pm**
- **Instructors:** Physiotherapists – Chun Kim and Kim Hesketh

### COURSE INFORMATION:

The course will focus on typical musculoskeletal development and contrast this with common musculoskeletal issues in children with cerebral palsy and similar paediatric neuromotor conditions. These include muscle contractures, joint malalignment, and skeletal malalignment.

There will be a review of orthopaedic assessment techniques including tone, ROM, torsional evaluation, and radiographic measurements.

We will review gait analysis and discuss common gait patterns in children with CP along with common gait deviations in children with similar paediatric neuromotor conditions. We will examine the literature and explore conservative gait treatment techniques such as the use of orthoses and other positioning devices.

We will investigate musculoskeletal deformities requiring surgical interventions (hip displacement, muscle contractures, skeletal malalignment, foot surgeries), including surgical intervention techniques. The current evidence on the natural history of musculoskeletal changes in children with CP and the effectiveness of conservative treatment will be reviewed.

"Hot topics" such as stretching, W-sitting, and standing programs will be discussed. Post-operative rehabilitation, including goals, treatment philosophies, and expected outcomes will be outlined.

## REGISTRATION

CPA MEMBER: \$650.00 + GST  
NON- CPA MEMBER: \$750.00  
+GST  
MPA New Graduate \*: \$300.00  
+GST

\*Have Graduated within a year  
(up until October 2022) limited  
space available  
+ GST

### NEW DEADLINE

Registration deadline is  
March 26, 2023

IF REGISTERED AND PAID BY  
MARCH 1, 2023, YOUR NAME  
WILL BE ENTERED IN A  
\$300 EARLY BIRD DRAW!

**NO REFUNDS ISSUED After  
March 1, 2023**

A maximum of 30 participants.

Register Online at  
<https://mbphysio.org/for-physiotherapists/continuing-education>

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[www.mbphysio.org](http://www.mbphysio.org)

## OBJECTIVES

Course participants will be able to:

1. Identify the natural history of musculoskeletal changes in children with CP and similar paediatric neuromotor conditions and its impact on motor function, gait, and quality of life.
2. Perform a comprehensive orthopaedic assessment for children with CP and similar paediatric neuromotor conditions, including tests for skeletal alignment and examination of radiographs.
3. Understand the current evidence on the effectiveness of conservative treatment techniques on musculoskeletal issues.
4. Describe the most common surgical interventions for children with CP and similar paediatric neuromotor conditions.
5. Identify the goals of post-operative rehabilitation in order to create an appropriate treatment plan and maximize outcomes.
6. Reflect on present practice and challenge traditional thinking with current literature.

## TARGET AUDIENCE

Physiotherapists, Rehabilitation Assistants, Occupational Therapists, Psychiatrists

## *Speakers*

### **CHUN KIM**

Chun graduated with his degree in Physiotherapy from the University of Toronto (U of T) in 1998 after completing a Bachelor's degree in Human Biology from U of T. Over the past 21 years, Chun has dedicated his career to pediatric rehabilitation focusing on children with cerebral palsy and other neuromotor conditions. Over this period, he has gathered a wealth of knowledge in the physiotherapy management and treatment of children with cerebral palsy, with a keen focus on orthopaedic management. Throughout much of his career, he has worked in close partnership with orthopedic surgeons to determine the ideal management strategies for orthopedic issues in children with cerebral palsy. With extensive experience in both the public and private health care setting, Chun has developed a holistic and unique understanding of the role health care professionals play in the lives of children and families with cerebral palsy and their impact on the client and family's quality of life.

Chun is a senior physiotherapist at the Holland Bloorview Kids Rehabilitation Hospital in Toronto, Canada. He has been consulting in the Orthopaedic Clinics over the past 18 years to identify children with cerebral palsy who may benefit from orthopaedic surgery. His expertise has led to the creation of the Orthopaedic Physiotherapy Clinic, a physiotherapist directed assessment clinic to monitor children with cerebral palsy with orthopaedic concerns. Chun co-leads the Gait Analysis Laboratory at Holland Bloorview, performing 3D Gait Analysis for children undergoing Selective Dorsal Rhizotomy. He is a co-creator of the Hip Surveillance Pathway for Children with Cerebral Palsy at the Holland Bloorview.

Chun has been an invited speaker at a paediatric rehabilitation nursing conference and a paediatric development conference. He has also conducted multiple workshops and presented numerous posters at professional conferences, focusing on orthopaedics in cerebral palsy. Chun is a regular lecturer and clinical instructor for physiotherapy students at the University of Toronto along with a mentor to his physiotherapy colleagues, receiving numerous recognitions for his teaching. He is one of the co-founders of the Ontario Paediatric Hip Surveillance Working Group.

In his quiet time, Chun enjoys spending time with his wife and two daughters, along with an occasional round of golf and pick up shinny when possible!

### **KIM HESKETH**

Kim graduated with her Masters in Physical Therapy from University of Toronto in 2004, after completing a Bachelor's of Kinesiology with Honours (specialization in Athletic Therapy) from Acadia University. She also holds a Community Based Rehabilitation, Disability and International Development Certificate from Queens University, and a certificate in Project Management through University of Waterloo.

Kim has spent her career dedicated to paediatric rehabilitation in various areas including, acute care, community based services, and early intervention. She has held positions in Alberta, Hawaii, and British Columbia before settling in Barrie, Ontario in 2015. She is now the Lead of Clinical Modernization with the Children's Treatment Network (CTN).

In her current role Kim is working with CTN partners to enhance services in Simcoe County and York Region. In Vancouver and Toronto Kim has worked alongside orthopaedic surgeons and physicians to improve services for children with cerebral palsy. In BC, she collaborated with her team in the development of the provincial Orthopaedic Cerebral Palsy Clinic. She has lead multiple projects including the creation of the BC Children's Hospital Orthopaedic CP Clinic website, an E-newsletter to engage medical professionals in the complex needs of children with CP, and inter-agency and post-surgical pathways to improve communication and provide enhanced care. Kim has authored articles in peer reviewed journals and has presented work at professional conferences (i.e. AACPDM, COA, , POSNA, OACRS/EKO) on surgery related issues in children with CP.

Kim is a member of the American Academy of Cerebral Palsy and Developmental Association. She is co-chair of the Empowered Kids Ontario (EKO) Best Practice Committee and co-founded the Ontario Paediatric Hip Surveillance Working Group. In Vancouver, she was a member of the Paediatric Physiotherapy Council of BC, serving as chair in 2014-2015, a clinical associate at the University of British Columbia, and co-founder and executive of International Health Initiatives (an NGO whose mission is to promote the role of rehabilitation to optimize health and well-being in under served areas by building capacity and creating sustainable programs). Kim has been involved with a number of international initiatives and has taught in a various countries. Kim is now settled in Barrie with her family and two young sons.