



Manitoba
Physiotherapy
Association



MANUAL THERAPY STRATEGIES FOR THE ADULT NEUROLOGICAL POPULATION: LOWER QUADRANT



2024

Fri. Oct. 18th 5:30-8pm
Sat. Oct. 19th 8:30-4:30pm
Sun. Oct. 20th 8:30am-3:30pm



Description

Each year, a growing number of Canadians live with impairments secondary to suffering a neurological insult (e.g., stroke, brain injury, spinal cord injury). These impairments have been shown to significantly impact survivors' functional abilities and quality of life. Activity and participation restriction are due to reduced neuromuscular 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 experience in a variety of movements to promote functional recovery. This 2.5-day course will combine Neuro-Developmental 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.

Target Audience

Occupational Therapists, Physiotherapists, kinesiologists, and Therapy Assistants.

Learning Objectives

UPON COMPLETION OF THIS COURSE, THE LEARNER WILL:

- Understand the anatomy and kinesiology of the lumbar spine, pelvis, hip, knee, ankle and foot (lower quadrant).
- Describe 'normal' alignment of the lower quadrant.
- Recognize common neurological mal-alignments.
- Understand the importance of alignment for muscle activation and functional performance.
- Recommend the benefits of dynamic client participation versus passive treatments.
- Apply dynamic manual strategies to prevent mal-alignment and to restore function.
- Facilitate activation of the lumbo-pelvic region and lower extremity of the neurologically impaired client through active support and modified support strategies.

Format

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

Site

Kenaston Commons Physiotherapy 1580 Kenaston Blvd #140, Winnipeg, MB R3P 0Y4

Teresa Siebold

An NDTA™ CI & PT instructor with 25 years of experience in adult neurorehabilitation. She began instructing post-graduate courses for allied health clinicians in 2008, and has taught throughout Canada and internationally. Teresa is a Clinical Neuro Specialist for the therapy assistant college program, and has instructed practical sessions for nurses. She was an invited speaker at NDTA™ Annual Conferences: Memphis, TN 2016; Charlotte, NC 2019, Virtual on-line, 2022. Currently, Teresa is a senior PT on the acute Stroke Unit at the Foothills Medical Centre in Calgary.

Registration

All prices are subject to 5% GST

MEMBER CATEGORY	FEE
CPA Member	\$500.00
Non CPA Member	\$600
CPA New Graduate*	\$250.00

Registration deadline is Oct 11, 2024

Early bird draw for \$100 rebate on course will take place for all paid registrants on September 10th, 2024

Register Online at

mbphysio.org