



Manitoba Association
Physiotherapy manitobaine de
Association physiothérapie

PRESENTS

NEURO-DEVELOPMENTAL TREATMENT (NDT) INTRODUCTORY COURSE IN THE MANAGEMENT AND THE TREATMENT OF ADULTS WITH HEMIPLEGIA

COURSE DETAILS:

- **Location:** College of Rehabilitation Sciences, 771 McDermot Avenue, Winnipeg, Manitoba
- **Dates & Times:**
March 5-7, 2021 8:00am – 4:30pm
- **Instructors:** Cathy Hazzard, Teresa Siebold

COURSE INFORMATION:

This 3-day interdisciplinary course is designed to give participants basic knowledge about the NDT approach and how it is applied in rehabilitation to promote recovery of function following neurological damage. Core concepts from research in neuroplasticity and motor learning will be discussed. Hands-on lab practice and patient demonstration will be used to augment the learning process. All rehabilitation disciplines are encouraged to participate to ensure a cross-functional practice setting.

OBJECTIVES

Course participants will be able to:

1. Analyze normal and abnormal movement during functional activities
2. Identify priority movement impairments restricting client performance and efficiency
3. Understand basic treatment concepts of NDT
4. Apply NDT framework when making treatment choices related to impairments and activities
5. Gain handling skills for facilitation and inhibition to promote normal movement
6. Apply activity analysis to guide environment and activity set-up during treatment sessions

TARGET AUDIENCE

Occupational Therapists, Physical Therapists, Speech Language Pathologists, Rehabilitation Assistants.

REGISTRATION

CPA MEMBER: \$600.00 + GST
NON- CPA MEMBER: \$750.00 + GST
MPA New Graduate *: \$300.00
+GST

*Have Graduated within a year
(up until March 2020) limited
space available
+ GST

Registration deadline is
February 1, 2021

A maximum of 44 participants.

To Register:

Phone: 204-925-5701 or email
ptassociation@mbphysio.org
Provide Name, Address, Phone #,
Email

**Payment by Visa, MasterCard, E-
Transfer or cheque payable to
Manitoba Physiotherapy
Association**

**Manitoba Physiotherapy
Association**

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Teresa Siebold, B.H.Sc.PT, B.Sc.Kin, NDTA™ PT Instructor, is a physical therapist with over twenty years of experience in adult 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 guest instructor for the Therapy Assistant's Programs at Red Deer College and Southern Alberta Institute of Technology. Teresa was an invited speaker at the 2016 & 2019 *NDTA Annual Conferences* in Memphis, TN, and Charlotte, NC, and she 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.

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 and vestibular rehabilitation. Currently, Teresa is on the Stroke Unit at the Foothills Medical Centre 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.

Cathy Hazzard, MBA, B.Sc.PT, is a Physiotherapist with over 28 years' experience working with adults with varied neurological diagnoses. Her clinical background also includes experience and continuing education courses in manual therapy and orthopedics. She obtained an MBA in 1993 while continuing to work as a PT.

She has been an NDTA™ Coordinator Instructor in Adult Courses since 1998 and has taught introductory, certificate and advanced level NDT courses extensively throughout North America and internationally in such countries as Ireland, Hong Kong, Singapore, Estonia, Peru, Colombia, India, and Mexico. Cathy practiced in Calgary, Alberta, Canada for over 20 years in the acute, rehabilitation and outpatient phases of care. She is now working in private practice and Home Health on Vancouver Island, British Columbia.

Cathy has been an invited speaker at the NDTA™'s annual conferences in 2004, 2005, 2006, 2010, 2014, 2015, and 2016. She served as the Chair of the NDTA™'s Instructor Group from 2002 – 2005 and a member of the Board of Directors of NDTA™ from 2003 – 2007. She has written 2 articles for the Neurosciences Division's journal, *Synapse*, of the Canadian Physiotherapy Association and an article for the NDTA™'s *Network*. She is one of 5 editors for the NDTA book – *NDT in Action* published by Thieme Publishers.