



Manitoba Association  
Physiotherapy manitobaine de  
Association physiothérapie

PRESENTS

## **NEURO-DEVELOPMENTAL TREATMENT (NDT) INTERMEDIATE UPPER EXTREMITY (UE) WORKSHOP FOR THE MANAGEMENT OF ADULTS WITH STROKE AND BRAIN INJURY**

### **COURSE DETAILS:**

- **Location:** Room 170 at the College of Rehabilitation Sciences, 771 McDermot Avenue, Winnipeg
- **Dates & Times:**  
**June 21 – 24, 2019 8:30am – 5:00pm**
- **Instructors:** Cathy Hazzard, Teresa Siebold

### **COURSE INFORMATION:**

This course is intended for Graduate Physiotherapists and Occupational Therapists who wish to improve their clinical skills through an evidence based approach. The prerequisite for the course is to have completed at least one Introductory (2-5 day) NDT or Bobath Course or the NDT/Bobath Certification.

This 4 day workshop follows the NDT Philosophy and Practice Model and its clinical applications for individuals post stroke and brain injury. This course will help you streamline your assessment of the upper quadrant to determine the most significant clinical impairments interfering with your clients' function.

Active discussion and lab practice in moving from clinical observations and symptoms of abnormal movement strategies to the identification of the most significant impairments interfering with our client's function in the upper quadrant will be explored as key to the development of effective intervention strategies. The ICF will be used as the basis for assessment and intervention planning. In addition, principles from neuroplasticity and task specific training will be integrated as key elements of intervention.

### **REGISTRATION**

**CPA MEMBER: \$650.00**

**NON- CPA MEMBER: \$975.00**

**MPA New Graduate \*: \$325.00**

**\*within 1 year of Convocation;  
limited space available  
+ GST**

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Registration deadline is  
May 1, 2019

A minimum of 22 participants.

A maximum of 36 participants.

To Register:

**The Manitoba Physiotherapy  
Association**

P: 204-925-5701

[ptassociation@mbphysio.org](mailto:ptassociation@mbphysio.org)

**Manitoba Physiotherapy  
Association**

**145 Pacific Avenue**

**Winnipeg, MB R3B 2Z6**

**204-925-5701**

**1 - 877 - 925 -5701**

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

The course format will include interactive lab sessions, patient demonstrations, and three, 1-hour treatment sessions with clients to assist with identifying priority impairments and then making logical choices to treat within functional tasks. We will consider all segments of the kinetic chain but will focus on the upper quadrant, and the arm-leg connection. Information will be presented in a cross-functional manner to incorporate all rehabilitation disciplines and experience levels.

**Workshop Objectives:**

At the completion of the workshop, participants will be able to:

1. Understand what's possible for recovery based on research in the fields of Plasticity, Motor Learning, and Constraint Induced Movement Therapy (CIMT).
2. Understand how the ICF can assist the clinician in assessment of the individual post stroke and brain injury.
3. Develop strategies to identify the most significant impairments interfering with clients' upper extremity movement and function.
4. Understand how to utilize (i.e. manipulate) the environment, the task, and your handling & cueing to develop intervention strategies within functional tasks/activities.
5. Demonstrate the ability to integrate these concepts and make informed intervention choices in functional activities and contexts that are meaningful to the client.
6. Develop and demonstrate strategies to activate the upper extremity – from accessory to necessity.

**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.

**Teresa Siebold**, B.H.Sc.PT, B.Sc.Kin, NDTA™ PT Instructor, is a physical therapist with 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 *NDTA Annual Conference* in Memphis, 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.