Treating Children With Hypertonia

2-DAY SEMINAR
May 30-31, 2015

REGISTER TODAY!
Online: www.ndta.org
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CONTINUING EDUCATION
13.0 Continuing Education Hours will be awarded upon successful completion of this NDTA/Bobath approved seminar. Host state PT CEUs will be available from the NDTA.

NDTA Members: $350 • Non Members: $450
Full refund of the course registration fee, less $50 administrative fee, will be granted upon receipt of a written request postmarked on or before 30 days before the first day of the course. Cancellations by the attendee less than 30 days from the first day of the course are not eligible for any refund.

COURSE OBJECTIVES:
At the conclusion of this workshop, participants will be able to:

1. Define spasticity, dystonia, and hypertonicity
2. Compare and contrast the common posture and movement impairments seen in children with spasticity and dystonia
3. List common secondary pathologies and impairments that can develop in adolescents and adults with spasticity and dystonia
4. Be able to demonstrate 5-10 intervention strategies to address each of the following impairment categories: postural/respiratory control, increasing joint mobility and muscle length, and muscle activity isometrically, concentrically, and eccentrically
5. Sequence intervention strategies toward a functional treatment outcome for children seen in treatment demonstration

COURSE DESCRIPTION:
This course is designed for therapists who treat children with hypertonic cerebral palsy and related neuromuscular disorders. The course emphasizes intervention, so the participant must be familiar with the impairments and postural problems of children with cerebral palsy (an Intro to NDT is recommended prior to this course). The focus of this course is practice of intervention strategies that lengthen muscle, promote joint mobility, increase postural stability, and grade concentric and eccentric movement control. The instructor will treat children in demonstration, using some of the strategies taught in lab in a planned sequence toward a functional outcome. Equipment: Each participant needs to bring a Raggedy-Ann type doll with hip, knee, shoulder, and elbow “joints” and a trunk that allows movement. Participants must wear T-shirts, leotards, or other sport-type clothing that allows a lab partner to view the trunk and limbs, as well as allowing the participant maximal movement.

HOST: Fairview Rehab Services
Site: St. Catherine University
601 25th Avenue S. PT Lab 5560
Minneapolis, MN 55454
www.fairview.org

The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.
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TARGET AUDIENCE: PT, OT, SLP AND ASSISTANTS
This course is designed for therapists who treat children with hypertonic cerebral palsy and related neuromuscular disorders.
An Intro to NDT is recommended prior to this course.

INSTRUCTOR BIO: Marcia Stamer, MH, PT, C/NDT, Marcia Stamer received her Bachelor of Science degree in physical therapy from Ohio State University in 1980 and a Master’s degree in Humanities in 2012. Her intensive continuing education background includes training in the Neuro-Developmental Treatment Approach (Bobath) and the Advanced Baby Course. She was a certified Coordinator-Instructor of the NDTA, Inc./Bobath Eight Week Pediatric Course in the Treatment of Children with Cerebral Palsy from 1992-2008. Marcia’s teaching experience includes many continuing education workshops on various pediatric topics, including gait, children with severe physical involvement, and handling the various types and ages of children with cerebral palsy utilizing the NDT Approach.

COURSE SCHEDULE
DAY ONE (6.5 hours)
8:00 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . Registration
8:30 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . LECTURE AND DISCUSSION – Spasticity, Dystonia, Hypertonicity: Definitions, Differences and Similarities, Additional Impairments
10:30 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . LAB – Gaining Postural Control and Graded Movement While Elongating Shortened Muscles and Addressing Joint Mobility
1:00 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . TREATMENT DEMONSTRATION – Child with Spastic Hypertonicity
2:00 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . Discuss Intervention, Set Future Outcomes and Treatment Sequences
3:15 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . LAB (continued)
4:30 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . Adjourn for the day

DAY TWO (6.5 hours)
8:30 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . TREATMENT DEMONSTRATION – Child Who Has Dystonic Hypertonia
10:15 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . Discuss Intervention, Set Future Outcomes and Treatment Sequences
11:00 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . LAB
1:00 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . LAB (continued)
3:15 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . LAB (continued)
4:30 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . Adjourn

* One lunch break and two 15-minute breaks are provided each day.