

The Core of it All: It's More Than Just Abdominals

Suzanne Davis Bombria PT, C/NDT



Faculty

Suzanne Davis Bombria, PT, C/NDT brings first-hand practical experience to her courses as she is the mother of a son who has cerebral palsy. She is an internationally recognized therapist and speaker and is a Neuro-Developmental (NDT) Coordinator-Instructor for the intensive NDTA™ Certification course in pediatrics for physical, occupational & speech therapists. Ms. Davis Bombria is one of the investigators in the project titled “Multi-modal intervention for children with cerebral palsy: A randomized controlled trial,” at Southern Cross University in Australia. Cerebral Palsy Magazine, NDTA Network & Therapy Skill Builders have published her writings. Her passion for her work, which expands over thirty years as a pediatric therapist and instructor, along with her easy presentation style, provide the theoretical and practical solutions all therapists can immediately apply with their patient population. Disclosure Financial: Ms. Davis Bombria receives a speaking fee when she teaches for Education Resources. NonFinancial: Ms. Davis Bombria is a member of the instructor group of NDTA.

About this Live Webinar

We hear about ‘the core’ all the time, but it is so much more than just the abdominals! Treating children, whether they are high functioning or have more complex issues, requires a thorough understanding of the muscles that provide core stability. These core muscles are a large part of postural control and function, respiration, and even gastrointestinal issues. An evidence-based, multi-system approach is taken to examine and devise effective intervention strategies that are immediately applicable to a variety of pediatric populations. Upon the conclusion of this course participants will have an in-depth knowledge of the muscles of the core and how to mobilize and activate them while incorporating their use into functional skills. Come to class dressed to feel and move as we work on these concepts!

Objectives

1. Identify the four key muscle groups of the deep core and their contribution to stability.
2. Identify four additional muscle groups that work with the deep core muscles to support movement and function.
3. Analyze the development of core stability & postural control using the case or video provided.
4. Choose a treatment strategy that incorporates current research findings and addresses the child's functional goals.
5. Determine two areas of tightness or weakness (using a multi-system approach in examination) and how this impacts posture, movement and function in provided case studies.
6. Apply what three of the most current research articles say about core stability in children with diagnoses such as Developmental Coordination Disorder (DCD), Autism Spectrum Disorder (ASD), Down Syndrome, and Cerebral Palsy (CP).
7. Choose two effective interventions to address the system-based impairments that impact core stability and function using the case study provided.
8. Integrate the strategies for postural control, movement and function into a treatment plan using the case study provided.

Help your patients achieve better outcomes.

Schedule – Day 1 6:40 pm - 10:15 pm EST (US)

6:40-7:00	Webinar Registration/Zoom Course Opens
7:00-7:30	Importance of core stability
7:30-8:15	Anatomy of the Core Link to respiration
8:15-8:30	BREAK
8:30-10:15	Typical development of core stability & postural control

Schedule – Day 2 6:40 pm - 10:15 pm EST (US)

6:40-7:00	Webinar Registration/Zoom Course Opens
7:00-8:15	Postural System vs. Movement System: the links and the differences
8:15-8:30	BREAK
8:30-10:15	Analysis of systems related to the core <ul style="list-style-type: none"> ● Neuromuscular ● Musculoskeletal ● Respiratory ● GI ● Sensory

Schedule – Day 3 9:40 am - 4:00 pm EST (US)

9:40-10:00	Webinar Registration/Zoom Course Opens
10:00-11:15	Discuss core stability for a variety of diagnoses such as Developmental Coordination Disorder (DCD), Autism Spectrum Disorder (ASD), Down Syndrome, and Cerebral Palsy (CP)
11:15-12:45	Case studies: assessment of patterns of stability & mobility, identification of system impairments
12:45-1:15	LUNCH
1:15-2:30	Lab experience: Building core stability
2:30-4:00	Lab experience: Integrating the core with the periphery for function

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Credits

This course meets the criteria for 11.5 contact hours (1.15) CEUs, Intermediate Level.



Education Resources Inc. is an AOTA Approved Provider of professional development. Course approval ID# 02870. This Distance Learning-Interactive Course is offered at 11.5 contact hours 1.15 CEUs. Intermediate Level, OT Service Delivery, Foundational Knowledge. AOTA does not endorse specific course content, products or clinical procedures.

NBCOT professional development provider – 11.5 PDUs.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker 13.5 - hours.

This course meets the approval of the **TX** Board of OT Examiners.

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Approved by the **NJ** State Board of Physical Therapy Examiners for 11.5 CEC's.

Approved by the **FL** Physical Therapy Association for 13.5 continuing education contact hours.

Course meets the basic criteria of the **MD** Board of Physical Therapy Examiners for 1.15 CEU's

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 13.5 contact hours. Approved provider by the **NY** State Board of Physical Therapy for 13.8 contact hours (1.3 CEUs). Approved by the **NM, NV** and **OK** Boards of Physical Therapy.

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, KY** and **TX**.

The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, MI, MN, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY**.

The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: **AL, CO, CT, IA, MA, ME, MT, NE, ND, NH, SD, WA**.

11.5 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Application has been made to **IL** EI Training Program.

Please contact us with any special needs requests: info@educationresourcesinc.com or 508-359-6533

Webinar Dates & Times

October 5, 7 and 9, 2021

October 5 and 7 6:40 pm EST • 5:40 pm CST • 4:40 pm MST • 3:40 pm PST (US)

October 9 9:40 am EST • 8:40 am CST • 7:40 am MST • 6:40 am PST (US)

Registration is for all sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



\$369 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14 day deadline. We encourage you to register online!

Webinar: The Core of it All: It's More Than Just Abdominals/Davis Bombria
☐ October 5, 7 and 9, 2021

Course Registration Form

Name: _____

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Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

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How did you learn of this course _____

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