

Postural Control for UE and LE Function: NDT Approach, Motor Learning, Evidence Based Practice

Monica Diamond PT, MS, NCS, C/NDT

Faculty

Monica Diamond, PT, MS, NCS, C/NDT is an active Neuro-Developmental Treatment Association Coordinator Instructor and International Bobath Instructors Training Association (IBITA) member with over 25 years' experience teaching basic and advanced Neuro-Developmental Treatment Association approved courses for management of adult neuro patients. She has over 30 years' experience treating adults with neurological diagnoses and continues her clinical practice at Sacred Heart Rehabilitation Institute at Columbia St. Mary's in Milwaukee, WI where she treats patients in the acute rehab program, the inpatient brain injury and coma programs, the OP neuro rehab program, and the brain injury day treatment program. She teaches NDT as an adjunct faculty member at several universities and presented her clinical research at APTA, NDTA Treatment Association and WCPT national and international conferences. Monica received her bachelors and masters degrees from the University of Wisconsin-Madison.

Disclosure:

Financial: Monica Diamond receives a Speaking fee from Education Resources, Inc. Non-Financial: Monica Diamond is a committee member for NDTA

About this Course

Postural control is essential for all function. Participants will enhance their skills in evaluating and treating the postural control problems of the individual with a neurological diagnosis (adolescents, adults, geriatrics). Participants will appreciate how adequate postural control lays the foundation for functional movement and will learn to assess the impact of inadequate control in their patients. Postural control requirements for functions such as moving in bed, performing activities and ADL's in sitting, and carrying out activities in standing and walking will be addressed. Participants will learn how to facilitate improved functional use of the arm and leg through effective assessment and treatment of postural control. Problem solving for individual patient needs will be discussed, demonstrated, and practiced. Lectures, labs and video case examples will ensure effective carryover from the seminar setting to the clinic.

Objectives

- 1 Discuss the NDT Approach and its current theoretical basis in accordance with research on motor control and motor learning
- 2 Assess postural control and the elements that contribute to effective postural control
- 3 Discuss current evidence regarding postural control deficits in individuals with neurological diagnoses
- 4 Identify various system impairments that may be responsible for an individual's postural control deficits
- 5 Demonstrate treatment strategies to improve an individual's postural control for specific activities, including functional use of the of the upper and lower extremity
- 6 Integrate treatment of impaired postural control into an individualized treatment plan, and document it appropriately

Audience

PTs, PTAs, OTs, OTAs, Acute Care, Inpatient Rehab, OP, SNF, Home Care, Day Program, Athletic Trainers. This course is for neuro patients - ages adolescent through geriatric.

Schedule – Day 1

- 7:30-8:00** Registration/Continental Breakfast
- 8:00-9:15** Motor Learning, Motor Control and NDT: Principles, Philosophy and Scientific Basis of NDT
- Using the NDT Model of Clinical Problem Solving
 - Justifying Treatment Decisions
- 9:15-10:00** What is Postural Control and Why is it Important?
- Postural Control for Function
 - Mobility / Stability Demands
 - Timing and Sequencing Demands
- 10:00-10:15** Break
- 10:15-12:00** **LAB:** Evaluation and Facilitation of Essential Elements of Postural Control
- What are the Postural Control Demands of Various Tasks?
 - Identification of Postural Control Problems
 - Postural Control: A Critical Prerequisite for Arm and Leg Function
- 12:00-1:00** Lunch (on your own)
- 1:00-2:00** **LAB:** Postural Control in Sitting
- Assessing and Treating the Faulty Base of Support
 - Re-education of Timing and Control for Dynamic Stability
 - Treatment Strategies in Sitting
 - Facilitating Functional Activities in Sitting
 - Strategies for Managing the Effect of the UE on Postural Control
- 2:00-3:00** **LAB:** Treatment Strategies for Leg Function
- Developing LE Components in Sitting
 - Hip: Essential for UE/LE Control!
- 3:00-3:15** Break
- 3:15-5:00** **LAB:** Sit to/from Standing and Transfers
- Using the Sit to Stand Transition to Treat Almost Anything!

Participants are encouraged to wear comfortable clothing to allow full participation in lab activities.

Schedule – Day 2

- 7:30-8:00** Continental Breakfast
- 8:00-8:30** Postural Control: What Does the Evidence Say?
- 8:30-9:00** Documentation: Objective Measures and Justification for Treatment
- 9:00-12:00** **LAB:** Bed Mobility and Transitions
- Using Transitions to Assess and Treat Elements of Postural Control
 - **LAB:** UE WB and NWB Activities
 - Strategies in WB and NWB
 - The Essential Interaction Between the Head, Arm, Trunk and Leg – Why Treatment of the UE is So Difficult
- 12:00-1:00** Lunch (on your own)
- 1:00-2:30** Activities in Standing
- Critical Prerequisites for Safe Function in Standing
 - Causes of Problems in Standing
 - Preventing and Treating Atypical Tone
- 2:30-2:45** Break
- 2:45-3:30** **LAB:** Gait: Addressing the Postural Control Demands of Standing and Walking
- Critical Components of Postural Control for Gait
 - Do Adjuncts and Assistive Devices Aid or Hinder Postural Control?
 - Treating the Arm to Improve Gait and Vice Versa
- 3:30-4:00** Putting it All Together: Facilitation During ADL's and Function
- Treating Postural Control and Movement to Achieve Function
 - Facilitating Through Transitions
 - Designing HEPs that Make a Difference
 - Setting Priorities for Treatment
 - Addressing Multiple Problems Simultaneously

A 15-minute break will be included in the morning session

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Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). The **DC, DE, GA, PA, VA** Boards of Physical Therapy accept other state board's approvals. Application has been made to the **MD** and **LA** Board of Physical Therapy Examiners.

Approved provider by the **NY** State Board of Physical Therapy for 16.8 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

NBCOT professional development provider - 14 PDUs.

14 hours of this course qualify toward the 20 hours requirement for NDTA re-certification



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Locations and Dates 2019

May 4-5 Washington, DC Medstar National Rehabilitation

December 7-8 Baton Rouge, LA Baton Rouge Medical Center

"This course provided a thorough overview of the fundamental strategies to be used in treatment sessions with my patients. The course is equally focused on OT & PT related material. Monica is a very professional presenter and extremely knowledgeable."

- Christina Sanford



\$435 fee. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Postural Control/Diamond

May/DC Dec/LA

Course Registration Form

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Needed in the event of an emergency scheduling change

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