

Utilizing NDT in Pediatric Practice

Jackie Grimenstein PT, C/NDT, CKTP

Faculty

Jacqueline Grimenstein, PT, C/NDT, CKTP, received her bachelor's degree in physical therapy from the University of Pittsburgh. She is a member of NDTA where she is a PT instructor. She is currently the Community Rehabilitation Education Coordinator at Weisman Children's Rehabilitation Hospital in Marlton, NJ. She has spent her career treating children with neurological impairments with an emphasis on children with severe disabilities. She has practiced in a wide variety of settings including rehab, the NICU and over 30 years within school settings. She served as an adjunct professor at the University of the Sciences in Philadelphia where she taught Intro to Pediatrics and Advanced Pediatrics. She was a founding steering committee member of the International Pediatric Rehab Collaborative (IPRC) that assisted with the re-standardization the WeeFim and a member of their Outcomes and Best Practices committee. She is on the Board of Directors for NDTA as well as the conference planning committee, the Centers of Excellence committee, the Instructor Group Executive committee and writes for the NDTA Network. She presents continuing education courses on NDT, Therapeutic Taping in Pediatrics and Functional Exercise and Strengthening for the Child with Neurological Impairments both nationally and internationally.

Disclosure: Financial: Ms. Grimenstein receives a speaking fee from ERI for this course. Non-Financial: No relevant non-financial relationships to disclose.

About this Course

Begin your journey into the world of NDT or expand your current knowledge with this course that will enhance your knowledge to the benefits of using NDT to treat the child with neurologic impairments and other pediatric disorders across the lifespan. We will discuss the importance of practice of movement patterns and importance of integrating into daily activities utilizing fun and practical activities. Facilitation strategies for improved movement patterns and how to look at all aspects of the child to assess the primary area to address in treatment will be presented utilizing didactic, video and hands on lab format. Comfortable clothing for movement labs is recommended. This course is designed for the physical therapist, physical therapist assistant, occupational therapist and occupational therapy assistant. This course is very attractive to clinicians who seek a better understanding of the NDT practice model and the use of handling and facilitation to enhance function. Course material will focus on basic concepts of theory, assessment and treatment of the child with cerebral palsy and disorders of the neuro-motor system. The course will include extensive lab sessions and case studies to reinforce didactic information.

Objectives

- 1 The participant will be able to identify NDT principles and theoretical assumptions
- 2 The participant will be able to identify principles of NDT facilitation
- 3 The participant will be able to discuss differences between typical and atypical development
- 4 The participant will be able to identify alignment, base of support and weight shift within the framework of functional movement
- 5 The participant will be able to discuss the relationship of the ICF model to the NDT practice model
- 6 The participant will be able to identify unique treatment strategies for the trunk, upper and lower extremities for use with children birth through adolescence with neurologic impairment
- 7 The participant will be able to demonstrate how to translate facilitation strategies onto equipment

Audience

This course is appropriate for Occupational Therapists, Occupational Therapy Assistants, Physical Therapists and Physical Therapist Assistants. Information is relevant for children across the lifespan. Beginner to Intermediate Level.

Schedule – Day 1

- 7:30-8:00** Registration/Continental Breakfast
- 8:00-9:30** NDT practice model (principles of NDT)
- 9:30-10:15** Principles of facilitation
- 10:15-10:30** Break
- 10:30-11:30** Movement Lab: Typical/Atypical Development
- 11:30-12:00** **Lab:** Analysis of movement, Influence of touch, Key Points of Control
- 12:00-1:00** Lunch (on your own)
- 1:00-2:30** Treatment Demonstration
- 2:30-2:45** Break
- 2:45- 3:30** Treatment strategies from the demo
- 3:30-4:30** **Lab:** Alignment, Base of Support, Weight Shift Trunk Facilitation Questions

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Schedule – Day 2

- 7:30-8:00** Continental Breakfast
- 8:00-8:15** Questions and Review
- 8:15-9:30** Using the ICF model as a construct for NDT Assessment
- 9:30-10:15** Goal writing – How to make goals achievable and carry over practice to reach the goals
- 10:15-10:30** Break
- 10:30-12:00** Video Case Presentation of the child with neurologic impairment
- 12:00-1:00** Lunch (on your own)
- 1:00-2:00** **Lab:** Facilitation of movement
- 2:00-3:00** **Lab:** Transitional movements
- 3:00-3:15** Break
- 3:15-4:00** **Lab:** I have a child: group problem solving

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Credits

This course meets the criteria for 13.5 contact hours (1.35 CEUs). The **IN** and **WI** Boards of Physical Therapy recognize other state board's approvals.

Approved sponsor by the State of IL Dept. of Financial and Professional Regulation for Physical Therapy for 16 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 13.5 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.

Application has been made to the **IL** EI training program.

NBCOT professional development provider-13.5 PDUs.

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

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

Locations and Dates - 2019

August 2-3 Chicago, IL Pathways Center Shirley Ryan Ability Lab

Testimonials

"Jackie presented the information in an enjoyable and easy to follow format."

"Jackie Grimenstein was excellent! She is a dynamic speaker."

"This course was excellent! Jackie was very knowledgeable and approachable."



\$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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Limited enrollment. We encourage you to register online!

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 Aug/IL

Course Registration Form

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Address: _____

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Home Phone: _____ Work Phone: _____

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Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

Employer: _____

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How did you learn of this course _____

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