

# Treating the Child with Hypotonia

Colleen Carey, DPT, C/NDT

## Faculty

Colleen Carey is the owner and director of the Children's Therapy Center, a pediatric outpatient center located in Fort Washington, PA. A dynamic speaker, she teaches frequently in seminars to professionals on the topics of early intervention, therapeutic handling, orthotics, and functional goal outcomes. Colleen has extensive experience with a variety of developmental disorders and coordination disorders including cerebral palsy and autism. She has broad experience in indications for physical therapy within the educational environment and the role of adaptive physical education. Colleen actively mentors other therapists to share her knowledge and insights and has been a clinical instructor for 25 years. Colleen is an accomplished Coordinator Instructor with NDTA. She studied at Quinnipiac College, New York University, and Temple University with a focus on developmental disabilities. She is enthusiastically pursuing ongoing professional training to improve the care of her clients. She received her Basic NDT (Neuro-Developmental Treatment) certification in 1987 and her Baby NDT certification in 1995. Colleen has worked in community early intervention programs, preschool settings, educational settings, rehabilitation hospitals, and outpatient centers. She supports families across cultural and ethnic barrier and passionately advocates for children and families. She remains focused on functional outcomes in all environments.

Disclosure: Financial: Ms. Carey receives a speaking fee from ERI. Non-Financial: Ms. Carey has no non-financial relationships to disclose.

## About this Live Webinar

This Live workshop focuses on using the contemporary NDT Practice Model in treating the child with hypotonia. Specific strategies to improve motor control in this population will be presented. Treatment strategies based on the common impairments of the sensorimotor system in this population will be demonstrated through the use of videotapes, case studies and practice labs. Participants will practice strategies to improve functional motor performance of the child with hypotonia. A jointed rag doll is required for portions of the course to enable practice of handling strategies. This course is designed for the physical therapists, physical therapy assistants, occupational therapists, and occupational therapist assistants.

## Objectives

- 1 Describe the common impairments seen in children with hypotonia.
- 2 Utilize current motor control literature as it applies to postural control and individual/task/environment in the child with hypotonia.
- 3 Analyze the movement patterns and identify body system impairments in the child with hypotonia.
- 4 Apply the principles of alignment, base of support and control of weight shift to treatment strategies for the child with hypotonia.
- 5 Apply concepts of the NDT Practice Model to treatment planning and functional goal development for the child with hypotonia.

## Audience

OTs, OTAs, PTs, PTAs, working with children with hypotonia, infancy through adolescence.

## Schedule Day 1 5:25 pm to 9:30 pm EST (US)

5:25-5:45	Webinar Registration/Zoom Course Opens
5:45-6:45	Motor Control in the Child with Hypotonia
6:45-7:45	Assessment with the NDT Practice Model
7:45-8:15	Break-Out Rooms: Individual, task, environment
8:15-8:30	BREAK
8:30-9:15	Video Assessment of Child with Hypotonia
9:15-9:30	Significance of the Trunk

## Schedule Day 2 5:25 pm to 9:30 pm EST

5:25-5:45	Webinar Registration/Zoom Course Opens
5:45-6:15	Significance of the Trunk (cont'd)
6:15-7:15	Strategies for the Trunk (movement lab)
7:15-8:15	Critical Impairments of the Child with Hypotonia
8:15-8:30	BREAK
8:30-9:30	Strategies for the Shoulder Girdle and Upper Extremity (movement lab)

## Schedule Day 3 5:25 pm to 9:30 pm EST (US)

5:25-5:45	Webinar Registration/Zoom Course Opens
5:45-6:30	Strategies for the Pelvic Girdle and Lower Extremity (movement lab)
6:30-7:00	Bracing and Therapeutic Adjuncts
7:00-7:30	Treatment Planning & Goal Writing
7:30-7:45	BREAK
7:45-8:45	Group Analysis & Problem Solving of Children with Hypotonia
8:45-9:30	Treatment Case Study

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Application has been made to the FL Physical Therapy Association for 12.5 continuing education contact hours. This course has been approved by the MD State Board of Physical Therapy Examiners for 1.05 CEUs, 10.5 Contact Hours. Application has been made to the MN Board of Physical Therapy. Approved by the NJ Board of Physical Therapy Examiners. Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 12.5 contact hours. Application has been made to Illinois EI Training Program. Approved provider by the NY State Board of Physical Therapy for 12.5 contact hours (1.25 CEUs).

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10.5 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.

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### Webinar Dates and Times - 2023

October 10, 17 and 24, 2023

5:25 pm EST • 4:25 pm CST • 3:25 pm MST • 2:25 pm PST (US)

Registration is for all three 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.



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**WEBINAR: Treating the Child with Hypotonia/Carey**

**October 10, 17 and 24, 2023**

**Course Registration Form**

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