

# The Core of it All!

## It's More Than Just Abdominals

**Suzanne Davis Bombria PT, C/NDT**



### Faculty

Suzanne Davis Bombria, PT, C/NDT is an internationally recognized clinician, speaker & consultant. She is one of the investigators in the RCT project titled “Multi-modal intervention for children with cerebral palsy” and is versed in research. Currently residing in CT, Ms. Davis Bombria applies evidence-based practice with babies and children of all ages, specializing in intensive therapy as well as ongoing intervention. She enjoys teaching therapists around the world and is dedicated to providing insight into contemporary NDT. Ms. Davis Bombria is a Pediatric Coordinator-Instructor and Advanced Course Instructor for the NDTATM. Her passion for her work as a pediatric therapist, instructor and mother of a son with cerebral palsy, along with her easy presentation style, provide the theoretical and practical solutions all therapists can apply to their patient population.

Disclosure Financial: Ms. Davis Bombria receives a speaking fee when she teaches for Education Resources, Inc.. 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

- Identify key muscles of the deep core and their contribution to stability
- Identify additional muscles that work with the deep core muscles to support movement and function
- Analyze the development of core stability & postural control
- Integrate knowledge of posture & movement systems into your treatment plans
- Using a multi-system approach in examination, determine areas of tightness or weakness and how this impacts posture, movement and function for case studies
- Discover what the research says about core stability in children with diagnoses such as Developmental Coordination Disorder (DCD), Autism Spectrum Disorder (ASD), Down Syndrome, and Cerebral Palsy (CP)
- Devise effective interventions to address the system-based impairments that impact core stability and function
- Integrate the strategies into postural control, movement and function

Help your patients achieve better outcomes.

### Schedule: Day 1 - 9:40am–5:00 pm EST (US)

<b>9:40-10:00am</b>	Webinar Registration/Zoom Course Opens
<b>10:00-10:30am</b>	Importance of Stability
<b>10:30-11:15am</b>	Anatomy of the Core Link to Respiration
<b>11:15-11:30am</b>	BREAK
<b>11:30am-1:15pm</b>	Typical Development of Core Stability & Postural Control
<b>1:15-1:45pm</b>	LUNCH
<b>1:45-3:00pm</b>	Postural System vs Movement System: The Links and the Differences
<b>3:00-3:15pm</b>	BREAK
<b>3:15-5:00pm</b>	Analysis of Systems Related to the Core <ul style="list-style-type: none"> <li>• Neuromuscular</li> <li>• Musculoskeletal</li> <li>• Respiratory</li> <li>• GI</li> <li>• Sensory</li> </ul>

### Schedule: Day 2 - 9:40am–4:30 pm EST (US)

<b>9:40-10:00am</b>	Webinar Registration/Zoom Course Opens
<b>10:00-11:15am</b>	Discuss core stability for a variety of diagnoses such as Developmental Coordination Disorder (DCD), Autism Spectrum Disorder (ASD), Down Syndrome, and Cerebral Palsy (CP)
<b>11:15-11:30am</b>	BREAK
<b>11:30am-1:00pm</b>	Case studies: assessment of patterns of stability & mobility, identification of system impairments
<b>1:00-1:30pm</b>	LUNCH
<b>1:30-2:45pm</b>	Lab experience: Building core stability
<b>2:45-3:00pm</b>	BREAK
<b>3:00-4:30pm</b>	Lab experience: Integrating the core with the periphery for function

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11.5 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification or qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Please contact us with any special needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 800-487-6530.

## Webinar Dates & Times

**June 7 and 14, 2024 (Revised Dates; was June 6 and 7, 2024)**

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

Registration is for both 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.



\$389 fee. LIMITED ENROLLMENT

Cancellation will be accepted until 14 days prior to the start date of the course, minus an administration fee of \$75. There will be NO REFUNDS after this 14-day deadline. Registration will be accepted after the deadline on a space available basis.

We encourage you to register online!

**Webinar: The Core of it All! It's More Than Just Abdominals/Suzanne Davis Bombria**  
**June 7 and 14, 2024**

**Course Registration Form**

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

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