

# 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 In-Person Course

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

### Schedule: Day 1 - 9:00am–5:00pm Local Time

<b>8:30-9:00am</b>	Registration
<b>9:00-9:30am</b>	Importance of Stability
<b>9:30-10:15am</b>	Anatomy of the Core Link to Respiration
<b>10:15-10:30am</b>	BREAK
<b>10:30am-12:15pm</b>	Typical Development of Core Stability & Postural Control
<b>12:15-1:15pm</b>	LUNCH
<b>1:15-2:30pm</b>	Postural System vs Movement System: The Links and the Differences
<b>2:30-2:45pm</b>	BREAK
<b>2:45-4:30pm</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 - 9:00am–3:15pm Local Time

<b>8:30-9:00am</b>	Registration
<b>9:00-10:15am</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>10:15-10:30am</b>	BREAK
<b>10:30am-12:00pm</b>	Case studies: assessment of patterns of stability & mobility, identification of system impairments
<b>12:00-1:00pm</b>	LUNCH
<b>1:00-2:15pm</b>	Lab experience: Building core stability
<b>2:15-3:15pm</b>	Lab experience: Integrating the core with the periphery for function

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This course can be used toward your NBCOT renewal requirements for 11.5 units. Approved provider of the FL Board of Occupational Therapy-CE Broker – 13.5 hrs. This course meets the approval of the TX Board of OT Examiners.



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

Application has been made to the MD Board of Physical Therapy Examiners.

Approved by 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 13.5 contact hours. Application has been made to Illinois EI Training Program. Approved provider by the NY State Board of Physical Therapy for 13.5 contact hours (1.35 CEUs).

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

The following state boards of physical therapy accept other states' approval: AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, MA, MI, 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, 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 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.

## Dates, Times and Location

### November 16 and 17, 2024

November 16: 9:00am-5:00pm - Local Time (registration: 8:30-9:00am)

November 17: 9:00-3:15pm – Local Time (registration: 8:30-9:00am)

### Children's Health Specialty Center at Cityville Southwestern Medical District

Classrooms at Cityville

2222 Medical District Drive

Dallas, TX 75235



\$450 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!

**In-Person Course: The Core of it All! It's More Than Just Abdominals/Suzanne Davis Bombria**  
**☐ November 16 and 17, 2024 – Dallas, TX**

**Course Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

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

Cell Phone: \_\_\_\_\_

Needed in the event of an emergency scheduling change

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

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

Discipline: \_\_\_\_\_ Specialty: \_\_\_\_\_

How did you learn of this course \_\_\_\_\_

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.

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