

# Treating the Child with Hypotonia

## Colleen Carey, DPT, C/NDT

### Faculty

Colleen Carey, DPT, C/NDT, 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.

### About this Live Webinar

This webinar 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

- Explore (5) principles from current motor control literature that address postural control issues in children with hypotonia to create functional goals and individualize task challenges for successful occupational engagement
- Analyze (5) common deficits in performance skills (motor) and client factors (body structures and functions) commonly observed in children with hypotonia that may impact participation in daily activities across environments
- Discuss (2) treatment activities within the application of NDT Practice Model Framework that serve as interventions that support occupations, including manual therapy or handling, to target identified performance skill and client factor deficits in children with hypotonia
- Create a treatment session that include the therapeutic use of activities and occupations by analyzing and constructing an individual, task, environment triad to enhance functional participation.

### Audience

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

**Financial Disclosure:** Colleen Carey receives an honorarium from Education Resources, Inc. **Non-Financial:** Colleen Carey has no non-financial relationships to disclose.

## Schedule Day 1 10:40 am to 5:00 pm EST (US)

10:40-11:00	Webinar Registration/Zoom Course Opens
11:00-12:00	Motor Control in the Child with Hypotonia
12:00- 1:00	Assessment with the NDT Practice Model
1:00-1:15	<b>BREAK</b>
1:15-2:00	Video Assessment of Child with Hypotonia
2:00-2:45	Significance of the Trunk
2:45-3:00	<b>BREAK</b>
3:00-4:00	Treatment Strategies for the Trunk (Movement Lab)
4:00-5:00	Break Out Rooms: Individual, Task, Environment

## Schedule Day 2 10:40 am to 5:00 pm EST (US)

10:40-11:00	Webinar Registration/Zoom Course Opens
11:00-12:00	Critical Impairments of the Child with Hypotonia
12:00-12:45	Treatment Strategies for the Shoulder Girdle and Upper Extremity (Movement Lab)
12:45-1:00	<b>BREAK</b>
1:00-1:45	Treatment Strategies for the Pelvic Girdle and Lower Extremity (Movement Lab)
1:45-2:15	Bracing and Therapeutic Adjuncts for the Child with Hypotonia
2:15-2:30	<b>BREAK</b>
2:30-3:30	Treatment Planning and Goal Writing within the NDT Practice Model
3:30-4:30	GROUP ANALYSIS/PROBLEM SOLVING: Children with Hypotonia
4:30-5:00	Treatment Case Study using NDT

**NOTE:** Portions of the live webinar will include participant movement on the floor. Please consider computer and space set up to support learning. A jointed rag doll is required for portions of the course to enable practice of handling strategies.

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## Webinar Dates and Times

June 5 and 6, 2026

10:40 am EST • 9:40 am CST • 8:40 am MST • 7:40 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 a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. We encourage you to register online!

**WEBINAR: Treating the Child with Hypotonia | Colleen Carey**

**June 5 and 6, 2026**

**Course Registration Form**

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