

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: Suzanne Davis Bombria receives an honorarium from Education Resources, Inc.

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

Schedule: Day 1 - 5:40–9:15 pm EST (US)

5:40-6:00 pm **Webinar Registration/Zoom
Course Opens**

6:00-6:30 pm Importance of Stability

6:30-7:15 pm Anatomy of the Core
Link to Respiration

7:15-7:30 pm BREAK

7:30-9:15 pm Typical Development of Core
Stability & Postural Control

Schedule: Day 2 - 5:40–9:15 pm EST (US)

5:40-6:00 pm **Webinar Registration/Zoom
Course Opens**

6:00-7:15 pm Postural System vs Movement
System: The Links and the
Differences

7:15-7:30 pm BREAK

7:30-9:15 pm Analysis of Systems Related to the
Core

- Neuromuscular
- Musculoskeletal
- Respiratory
- GI
- Sensory

Schedule: Day 3 - 9:40 am–4:30 pm EST (US)

9:40-10:00am **Webinar Registration/Zoom
Course Opens**

10:00-11:15am Discuss core stability for a
variety of diagnoses such as
Developmental Coordination
Disorder (DCD), Autism
Spectrum Disorder (ASD), Down
Syndrome, and Cerebral Palsy
(CP)

11:15-11:30am BREAK

11:30am-1:00pm Case studies: assessment of
patterns of stability & mobility,
identification of system
impairments

1:00-1:30pm LUNCH

1:30-2:45pm Lab experience: Building core
stability

2:45-3:00pm BREAK

3:00-4:30pm Lab experience: Integrating the
core with the periphery for
function

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This course meets the criteria for 11.5 contact hours (1.15 CEUs) Intermediate Level. To receive a certificate of completion all registered attendees are required to attend and participate fully in all applicable course activities (i.e., labs, discussions, group work, polls, post-tests with passing grade of 80% or greater etc.) and complete the evaluation form.



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Application has been made to the **FL** Physical Therapy Association for 13.5 continuing education contact hours. Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors.

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

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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 or call 800-487-6530.

Webinar Dates & Times

May 27 and 28, 2026

5:40 pm EST • 4:40 pm CST • 3:40 pm MST • 2:40 pm PST (US)

May 30, 2026

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



\$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
☐ May 27, 28 and 30, 2026

Course Registration Form

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