

Baby Steps:

A Building Ambulation Interventions for Infants and Young Children with Posture and Movement Dysfunction

Jan McElroy, PhD, PT, PCS, C/NDT



Faculty

Jan McElroy, PhD, PT, PCS, C/NDT has 35 years of pediatric experience with the 0-3-year population in a wide range of settings including NICU, acute care, Early Intervention, outpatient, and inpatient rehabilitation. Jan graduated from the School of Physical Therapy at the University of Missouri in 1972 and owns a private pediatric PT clinic in Columbia, Missouri. Her teaching experience includes clinical, classroom, and continuing education settings. She is currently adjunct faculty at the University of Missouri School of Physical Therapy and is primary physical therapy faculty on the TIPS for KIDS grant. Her national continuing education short courses focus on baby treatment, treatment of infants born preterm, serial casting and temporary foot supports, and gait. Jan is currently a NDTA pediatric PT instructor candidate assisting in Neuro-Developmental Treatment 8 week pediatric and 3-week advanced baby courses. Jan completed the PhD program in Pediatric Science at Rocky Mountain University of Health Professions, 2011. She is conducting research in lower extremity movement patterns in infants born full term and preterm, baby treatment, and the effects of treadmill training.

Disclosure: Disclosure: Financial: Jan McElroy receives a honorarium from Education Resources for this course. Non-Financial: She has no non-financial relationships to disclose.

About this Course

How do you maximize your time and target gait in your interventions with infants and toddlers? This course will focus on pre and early ambulation in a population that is predisposed to rapid and dramatic changes: the birth to three population. We will examine typical and atypical ambulation development in infants/toddlers and determine how best to incorporate therapeutic activities into their natural environment and routines. The impact of biomechanics, the neuromuscular system, the sensory system, orthotics, and assistive equipment will be integrated as participants learn to build intervention strategies to address ambulation early and effectively in infants and toddlers with diagnoses such as CP, developmental delay, prematurity, and Down syndrome.

Objectives

- 1 Recognize and mediate adverse influences of the biomechanical, neuromuscular, and other body systems (respiratory, visual, sensory, GI, etc.) on the development of ambulation in infants and toddlers
- 2 Develop and use pre-ambulation interventions to build the capacity for ambulation and teach families/ caregivers to incorporate into the child's daily routine
- 3 Examine evidence-based intervention supports such as handling, treadmill, taping, and dynamic garments
- 4 Compare benefits to disadvantages of orthotic use by implementing current evidence in selecting and progressing orthotics to enhance functional early ambulation and preserve the quality of later ambulation

Audience

This course is designed for PTs, PTAs, OTs and OTAs to address the needs of infants and toddlers often serviced in birth to three programs. Content applies to children who are developmentally functioning at a 0-3 age.

Help your patients achieve better outcomes.

Schedule – Day 1

8:00-8:30	Registration/Continental Breakfast
8:30-10:45	Elements of gait and comparison of early steps to 3-year gait
10:45-12:00	LAB: Gait components and changes
12:00-1:00	Lunch (on your own)
1:00-3:00	LAB: Gait components and changes (continued)
3:00-4:00	Pre-gait preparation: strategies from birth to 12 months and for the foot, knee and hip
4:00-5:00	LAB: Handling skills

Schedule – Day 2

7:30-8:00	Continental Breakfast
8:00-9:00	Pre-gait preparation continued
9:00-10:00	LAB: Pre-gait techniques
10:00-12:00	Impact of systems: gastrointestinal, cardio-pulmonary, tactile, visual, postural
12:00-1:00	Lunch (on your own)
1:00-3:15	Musculoskeletal system: implications of skeletal development in the hip, knee and foot
3:15-4:00	Orthotics and equipment, treatment adjuncts, tone management, clinical gait measures
4:00-5:00	LAB: Handling skills

Schedule – Day 3

7:30-8:00	Continental Breakfast
8:00-12:00	LAB: Assessment, and intervention for atypical gait in infants development by diagnosis
12:00-1:00	Lunch (on your own)
1:00-2:30	LAB: Assessment, and intervention for atypical gait in infants development by diagnosis (continued)
2:30-4:00	Clinical problem solving

*Two 15-minute breaks will be scheduled each day

Follow us on Social Media

We invite you to share your ideas with us, post a clinical challenge you are currently facing, or share a great therapy tip with your colleagues. Please visit us on Facebook, LinkedIn and our blog.



"Jan's course was absolutely amazing! This course is applicable for all pediatric PTs in all settings. She really provides a thorough explanation of gait and how movement in all positions affects gait. I highly recommend this course!"
-B. Shain, PT

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Credits

This course meets the criteria for 21 contact hours (2.1 CEUs). Application has been made to the **NJ** Board of PT Examiners. The **PA** Board of Physical Therapy accepts other state board approvals. **TX** Physical Therapy Association accredited provider.

Approved provider by the **NY** State Board of Physical Therapy for 25.2 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 21 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

This course meets the approval of the **TX** Board of OT Examiners.

NBCOT professional development provider - 21 PDU's.

12 hours of this course qualify toward the 20 hours requirement for NDTA re-certification

Please contact us with any special needs requests:
info@educationresourcesinc.com or 508-359-6533

Locations and Dates - 2019

June 21-23 Bayside, NY St. Mary's Hospital Children's Center

December 6-8 Houston, TX Texas Children's Hospital

"I've been a therapist for 14 years and this is the BEST CE course I have taken! I am leaving with exciting information to apply to my patients. Wish it could have been 1-2 days longer!" – K. Stanzel, PT



\$625 fee. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

Please make check payable and return to: Education Resources, Inc. 266 Main St., Suite 12 • Medfield, MA 02052 508-359-6533 or 800-487-6530 (outside MA) FAX 508-359-2959 • www.educationresourcesinc.com

Limited enrollment. We encourage you to register online!

Baby Steps/McElroy June/NY Nov/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. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

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