

# Contemporary Thoughts on Treating the Child with Hypotonia

Collen Carey, DPT, C/NDT



## Faculty

Colleen Carey, DPT, C/NDT is a dynamic speaker and expert in the fields of early intervention, therapeutic handling, and functional goal outcomes. Colleen has extensive experience with a variety of developmental disorders and coordination disorders including cerebral palsy and autism, and has worked in early intervention, school districts and rehabilitation centers. She supports families across cultural and ethnic barriers and is a passionate advocate for children and families. Colleen holds an active certification in NDT, is an accomplished Coordinator Instructor with NDTA, and serves in leadership roles within NDTA. She studied at Quinnipiac College, New York University, and Temple University with a focus on developmental disabilities. Colleen. She operates the Children's Therapy Center, a pediatric outpatient center in Ambler, PA.

Disclosure: Financial: Ms. Carey receives a speaking fee from ERI. Non-Financial: Ms. Carey has no non-financial relationships to disclose

## About this Course

This two-day workshop focuses on using the NDT Practice Model in treating the child with hypotonia, concentrating on interventions to improve control and alignment of the trunk, pelvis, lower extremity, shoulder girdle, and upper extremity. 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 using videotapes, case studies and practice labs. Participants will practice strategies to improve functional motor performance of the child with hypotonia. This course applies to pediatric OT/OTAs and PT/PTAs working in school-based practice, outpatient clinics, hospital-based settings and will address children with Down's syndrome, ASD, CP, genetic disorders, sensory processing disorders, etc.

## Objectives

- ① Discuss the common impairments seen in children with hypotonia
- ① Analyze movement patterns of the hypotonic child
- ① Practice a variety of facilitation techniques for improving alignment, base of support and control of weight shift
- ① Utilize treatment strategies practiced in lab to improve alignment and control for the trunk, pelvis, lower extremity, shoulder, and upper extremity
- ① Identify the role SMART goals in treatment planning for the child with hypotonia

## Audience

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

## Schedule – Day 1

- 8:30-9:00 Registration/Continental Breakfast
- 9:00-10:00 Motor Control in the Child with Hypotonia
- 10:00-11:00 Assessment with the NDT Practice Model
- 11:00-12:00 Video Assessment
- 12:00-1:00 Lunch (on your own)
- 1:00-2:00 Significance of the Trunk
- Relationship with functional movement:
    - Upright sitting, transitional movements, functional reach and arm use, lower extremity movements and gait in the hypotonic child.
- 2:00-3:30 **LAB:** Strategies for the Trunk
- Key points of control to facilitate postural control
  - Carryover into functional tasks
- 3:30-5:00 Bracing and Therapy Adjuncts

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## Schedule – Day 2

- 8:00-8:30 Continental Breakfast
- 8:30-10:00 Hypotonia: Critical Impairments
- 10:00-12:00 **LAB:** Strategies for the Shoulder Girdle and Upper Extremity
- Key points of control to facilitate weight bearing for transitions &
  - Upper extremity movements for carryover into functional tasks
- 12:00-1:00 Lunch (on your own)
- 1:00-2:30 **LAB:** Strategies for the Pelvic Girdle and Lower Extremity
- Key points of control to facilitate weight bearing for
  - standing and gait or lower extremity movements
  - Carryover into functional tasks
- 2:30-3:30 Treatment Planning and Goal Writing (home, clinic and school)
- 3:30-4:30 Treatment Case Study

\*Each day will include two 15-minute breaks

## Participant Requirements

Please bring a rag doll or other soft doll with bendable joints.

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## Credits

This course meets the criteria for 13 contact hours (1.3 CEUs). In **MA, CT, RI** and **NH** this workshop meets accepted standards for continuing competence activities for 13 contact hours (1.3 CEUs). Application has been made to the **NJ** Board of Physical Therapy. The **PA** State Board of Physical Therapy accepts other state board's approvals.

Approved provider by the **NY** State Board of Physical Therapy for 15.6 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 13 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. NBCOT professional development provider-13 PDUs.

13 hours of this course qualify toward the 20-hour requirement for NDTA recertification.

## Locations and Dates - 2019

Oct 26-27                      Waltham, MA                      NAPA Center Boston

Dec 6-7                              Cedar Knolls, NJ                      P.G. Chambers School

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Limited enrollment. We encourage you to register online!

Treating the Child with Hypotonia /Carey

Oct/MA Dec/NJ

Course Registration Form

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