

Improving Function: Tools to Enhance Motor Learning, Motor Control and Strength

A lab course

Paula Cox PT, DSc, PCS



Faculty

Paula Cox, PT, DSc, PCS, is a licensed, board certified, physical therapist with over 35 years of clinical experience in pediatric neurological and neuromuscular rehabilitation. She is a member of the APTA, the Academy of Physical Therapy (APPT), and the IL PT Association. Dr. Cox served on the APPT's NICU to Eltransition work group. She is committee chair for the APPT CE course *Advanced Clinical Practice in Pediatric Therapy*, an ongoing course that investigates current theories and evidence-based practice across settings. Dr. Cox presently works as an adjunct professor at Midwestern University in Downers Grove, Illinois. She operates a private pediatric practice in the Chicago area and provides ongoing mentoring to PTs in the Chicago area. She developed and presented an evidence-based pediatric gait course "Walking in My Shoes." Dr. Cox received her Advanced MS in PT from Long Island University and her Doctor of Science in Pediatric Rehabilitation from the University of Oklahoma Health Sciences Program. Her doctoral research examined the use of a robotic scooter, the SIPPC, to provide early autonomous locomotion for infants with Down syndrome.

Disclosure: Financial: Paula Cox receives a speaker fee from Education Resources, Inc. Non-Financial: She has no nonfinancial relationships to disclose

"Paula was great in combining her clinical expertise with evidence-based research in her presentation. In particular, I was impressed by the all-encompassing content of motor learning, muscular elements and fitness components." *U. Goradia, DPT*

About this Course

This course will combine both lecture and lab to explore how characteristics of cerebral palsy, autism, and other neuromotor diagnoses influence motor control, motor learning, strength, and function for children from birth to teens. Evidence-based examination and intervention strategies will be presented to promote motor learning and achievement of personal, functional outcomes in light of a child's specific diagnosis. Using the ICF as a framework for practice, case studies and lab sessions will provide attendees opportunities to integrate the information provided with clinical judgement to develop outcomes, examination plans, and intervention activities for a given child. Therapists will learn to apply valid and reliable tools to measure responses to intervention over time in order to set treatment priorities, document progress and modify intervention.

Objectives

Upon completion of course, participants will be able to:

1. Generate functional and measurable outcomes in a top-down intervention approach, in consideration of the contextual factors of the ICF.
2. Integrate evidence based outcome tools throughout assessment and treatment to guide intervention and document progress and outcomes for function, participation and age appropriate activities.
3. Analyze the effect of strength on motor function and motor control using evidence-based assessment tools. Identify evidence-based strengthening intervention programs integrating motor learning neuroplasticity, and motor control approaches.
4. Evaluate the effectiveness of intervention programs on the activity and participation of children with disabilities.

Audience

Designed for PTs, PTAs, OTs, OTAs. Prior vestibular rehabilitation course work and experience treating patients with vestibular disorders are necessary before taking this course.

Help your patients achieve better outcomes.

Schedule – Day 1

- 7:30-8:00 Registration/Continental Breakfast
- 8:00-9:45 Motor Control, Motor Learning, and Muscle Structure and Function in Typical Development
- 9:45-10:00 The International Classification of Functioning, Disability, and Health (ICF) as Framework for Outcome Development, Examination, and Intervention
- 10:00-10:15 Break
- 10:15-12:30 Motor Control, Motor Learning, and Muscle Structure and Function in Atypical Development Diagnoses Investigated: Cerebral Palsy, Developmental Coordination Disorder, Down Syndrome, Autism
- 12:30-1:30 Lunch (on your own)
- 1:30-2:00 Outcome Development
- 2:00-3:00 Examination: Psychometrics and Clinimetrics of Reliable and Valid Tools for Assessing Skill Level and Outcome Measurement
- 3:00-3:15 Break
- 3:15-3:30 Case Study: Outcome Development and Selected Examination Tools for Child with Cerebral Palsy
- 3:30-4:30 **Lab Session:** For given child, develop outcomes for all levels of the ICF and select examination tools as appropriate
- 4:30-5:00 Share and discuss with group

Schedule – Day 2

- 7:30-8:00 Continental Breakfast
- 8:00-9:00 Neuroplasticity and Motor Learning Considerations in Intervention Development; Supportive Case Study
- 9:00-10:00 Theories of Intervention and Research Supporting or Refuting Them
- 10:00-10:15 Break
- 10:15-12:15 Diagnosis Specific Intervention Strategies and Supportive Research
- 12:15-1:15 Lunch (on your own)
- 1:15-1:45 Outcome Measurement: Supportive Case Study
- 1:45-2:45 Lab Session: For given child you 'examined' yesterday, develop evidence-based intervention program and outcome measurement plan
- 2:45-3:00 Break
- 3:00-4:00 Share and discuss treatment and outcome measurement plans with group

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.



ERI: Life-changing learning

You love what you do. Our courses remind you why. As a therapist, you change lives every day – and have your life changed in return. ERI is life-changing learning, for therapists by therapists.

The ERI Advantage:

- Techniques you'll use the next day
- Peers who share your passion
- Renowned faculty
- Evidence-based courses that improve outcomes
- 30 years of life-changing learning

Specialty Tracks throughout the lifespan – Neonatal, Pediatric, Adult, Geriatric

Each ERI specialty track is designed to make the most of your continuing education time, budget, and goals. Start your search with us and plan every course you'll take in 2019.

Visit educationresourcesinc.com for all of your 2019 courses.

ERI Rewards

Your ERI experience is more rewarding than ever.

- First Course Discount
- Bring a Friend Savings
- Group Discounts
- \$100 off your 4th Multi-day Course
- And more

Subject to availability. Exclusions may apply. Visit our website for details and coupon codes.

Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). Application has been made to the **NJ** and **MD** Board of Physical Therapy Examiners. The **PA** State Board of Board of PT recognizes other state's approvals. **TX** Physical Therapy Association accredited provider. Approved sponsor by the State of **IL** Dept. of Financial and Professional Regulation for Physical Therapy.

Approved provider by the **NY** State Board of Physical Therapy for 16.8 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 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 for type 2 CEUs by the **TX** Board of OT Examiners.

NBCOT professional development provider – 14 PDUs

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

2019 Locations and Dates

March 16-17	Bridgeville, PA	The Watson Institute
May 18-19	Temple, TX	McLane Children's Hospital
September 20-21	Chicago, IL	Shriner's Hospital for Children
November 2-3	Middletown, NY	SUNY Orange County Community College



\$435 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!

Improving Function: Tools to Enhance Motor Learning, Motor Control and Strength

Mar/PA May/TX Sep/IL Nov/NY

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.

I have read your refund policy above and understand.

Cardholder's name & billing address with zip code if different from above:

Signature _____

Amount charged _____

I hereby authorize you to charge my: VISA MC DISCOVER# _____

Exp. Date _____ CVV2 Code _____