

Core of it All: It's More Than Just Abdominals

Suzanne Davis Bombria PT, C/NDT



Faculty

Suzanne Davis Bombria, PT, C/NDT brings first-hand practical experience to her courses as she is the mother of a son who has cerebral palsy. She is an internationally recognized therapist and speaker and is a Neuro-Developmental (NDT) Coordinator-Instructor for the intensive NDTA™ Certification course in pediatrics for physical, occupational & speech therapists. Ms. Davis Bombria is one of the investigators in the project titled “Multi-modal intervention for children with cerebral palsy: A randomized controlled trial,” at Southern Cross University in Australia. Cerebral Palsy Magazine, NDTA Network & Therapy Skill Builders have published her writings. Her passion for her work, which expands over thirty years as a pediatric therapist and instructor, along with her easy presentation style, provide the theoretical and practical solutions all therapists can immediately apply with their patient population. Disclosure Financial: Ms. Davis Bombria receives a speaking fee when she teaches for Education Resources. NonFinancial: Ms. Davis Bombria is a member of the instructor group of NDTA.

About this Course

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

Help your patients achieve better outcomes.

Schedule: Day 1

7:00-7:30	Importance of core stability
7:30-8:15	Anatomy of the core Link to respiration
8:15 -8:30	BREAK
8:30-10:15	Typical development of core stability & postural control

Schedule: Day 2

7:00-8:15	Postural system vs Movement system: the links and the differences
8:15-8:30	BREAK
8:30-10:15	Analysis of systems related to the core Neuromuscular Musculoskeletal Respiratory GI

Schedule: Day 3

7:00-8:15	Core stability for a variety of diagnoses such as Developmental Coordination Disorder (DCD), Autism Spectrum Disorder (ASD), Down Syndrome, and Cerebral Palsy (CP)
8:15-8:30	BREAK
8:30-10:00	CASE STUDIES: assessment of patterns of stability & mobility, identification of system impairments

Schedule: Day 4

7:00-8:15	LAB: Building core stability
8:15-8:30	BREAK
8:30-10:00	LAB: Integrating the core with the periphery for function

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Credits

This course meets the criteria for 11.5 contact hours (1.15) CEUs, Intermediate Level. Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Application has been made to the **KY, MD, NJ, NM, NV** and **OK** Boards of Physical Therapy. Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 13.5 contact hours. Approved provider by the **NY** State Board of Physical Therapy for 13.8 contact hours (1.38 CEUs). Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA** and **TX**. The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, MI, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY**. The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: **AL, CO, CT, IA, MA, ME, MT, NE, ND, NH, SD, WA**.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 11.5 contact hours (1.15 CEUs) - 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.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker 13.5- hours. This course meets the approval of the **TX** Board of OT Examiners.

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NBCOT professional development provider – 11.5 PDUs.

11.5 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

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

Webinar Dates & Times - 2020

November 30 • December 2 • December 7 • December 9, 2020

6:40 pm EST • 5:40 pm CST • 4:40 pm MST • 3:40 pm PST (US)

Registration is for all four sessions. Log-In Instructions and Course Materials will be emailed/added to your ERI account 1 week prior to the first date of the Webinar



\$369 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/Davis
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Course Registration Form

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