

# Motor Learning and Plasticity for the Infant: Encouraging Respiration and Movement for Function

**Leslie Paparsenos, PT, MS, C/NDT**

**Bethanne Mazurczak MS, CCC-SLP, C/NDT**

## Faculty

**Bethanne N. Mazurczak, MS, CCC-SLP, C/NDT** has been a practicing clinician since 1990, specializing in the pediatric rehabilitation of infants, children and adolescents. Bethanne has a wide range of experience in working with children of all ages with neurological and developmental disabilities. She is certified in Neuro-Developmental Treatment, SOS Feeding and is currently completing the process as an NDT Candidate Instructor for the NDTA. Bethanne continues to serve the pediatric population with oral- motor/feeding and swallowing as well as communication disorders through her practice as a Speech Pathologist and is a Clinical Assistant Professor in the Department of Communication Sciences and Disorders at the University of Wisconsin – Milwaukee.

**Leslie Paparsenos, PT, MS, C/NDT** is an independent, pediatric therapy provider, licensed Physiotherapist in Australia, and licensed Physical Therapist in the United States of America. She specializes in evidenced based, pediatric rehabilitation, serving babies, children and adolescents across a spectrum of neurological and developmental disabilities, and their families. Leslie is a certified Pediatric NDTATM (USA) Instructor, certified in NeuroDevelopmental Treatment (NDTATM (USA), and a certified clinical instructor by the APTA (USA). She has been teaching both internationally and nationally since 2007.

## About this On-Demand Course

The fundamental importance of motor planning (the ability to plan, execute, and sequence a motor task) in the Birth-Three population cannot be overstated, as it significantly impacts a child's ability to plan and carry out motor skills in an efficient and refined manner. This early development sets the foundation for fulfilling various life roles in the future. The respiratory system's role in motor development cannot be overlooked. Coordinated respiration with movement is vital for achieving energy-efficient and refined motor actions.

In the dynamic environments in which we operate, it is imperative for clinicians to prioritize treatments effectively to achieve optimal outcomes. This webinar will offer valuable insights into the latest evidence on neuroplasticity, motor learning, and the NDT Practice Model. These insights will aid clinicians in organizing, prioritizing, and focusing treatment sessions to ensure functional changes are achieved by the conclusion of each session. Specific handling strategies that emphasize efficient respiration coordinated with movement will be discussed. Additionally, participants will learn how to provide effective feedback and incorporate varied practice into sessions to enhance functional outcomes for their caseloads. Strategies for instructing parents on how to reinforce successful performance during therapy sessions will also be covered, thereby improving practice within the context of daily life.

## Learning Objectives

- Apply contemporary concepts of motor learning, neuroplasticity, and/or the NDT Practice Model into prioritized treatment strategies.
- Choose treatment (or handling) strategies that facilitate improved participation in daily tasks.
- Integrate caregivers into the process of rehabilitation for carryover of effective treatment strategies with the child's daily activities at home.

## Audience

Birth to three therapists including OTs, PTs, SLPs, and Special Educators.

## **SCHEDULE (3 hours total)**

### **Motor learning, neuroplasticity and the NDT Practice Model in the birth-three population**

- Using observational skills to guide prioritization of impairments in body functions and structures linked to functional movements through case studies

### **The respiratory systems' role in postural control and motor development**

- Assess rib cage alignment, mobility and respiratory pattern
- Understanding the impact on postural control and movement
- Treatment strategies for respiratory and postural systems via video demonstration

### **Effectively improving family engagement during and after sessions**

- Understanding components of treatment strategies for carryover
- How to increase caregiver follow through of therapist recommendations
- Post-test

## **Disclosures**

Financial: Bethanne Mazurczak has a financial relationship with the University of Wisconsin-Milwaukee (employment) and receives an Honorarium from Education Resources, Inc.  
Non-Financial: Bethanne Mazurczak has no relevant non-financial relationships to disclose.

Financial: Leslie Paparsenos receives an honorarium from Education Resources, Inc.

Non-Financial: Leslie Paparsenos has no relevant non-financial relationships to disclose.

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## Credits:

Continuing Education Hours for disciplines not listed below: 3 contact hours (0.3 CEUs).  
Intermediate level.



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