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Certificates of attendance are provided upon successful completion of the course.

This course is 15.0 contact hours/1.5 CEU's for therapists licensed in other states

This course is 18.0 contact hours/1.8 ceus for NY, IL, or DC licensed therapists.

This course is applicable for PT, PTA, OT, OTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 hours, 15 Category-1 PDA points. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX** and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 15 ccu's. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487**. AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047**, 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

Stroke Rehabilitation

An Integrated Functional Movement Approach

New for 2018!

<u>The Core - Stability, Breathing and Training</u>,
A One Day Course optional add-on with this Two Day Stroke Rehab Course

An Evidence-Based Course

Presented by

John Wilson, PT, DPT, MA, CSCS

North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
www.healthclick.com

PT, OT, PTA and AT - Continuing Education Course

Day One

7:30	8:00	**Registration**
8:00	9:00	**Introduction/Stroke Overview** • Orthopedic concerns of the neurologic patient **(Lab)**
9:00	10:00	**Motor Control** • Movement • Developmental sequence • Pelvis/hip disassociation mobility/stability **(Lab)**
10:00	10:15	**Break**
10:15	12:00	**Static Stability Corrections** • Core stabilizers function reflexively to maintain posture • Static stability **PNF Applications** • Basic PNF **(Lab)** • Chop/Lift **(Lab)**
12:00	1:00	**Lunch** (on your own)
1:00	1:30	**PNF Applications** (Continued) • Bridge facilitation, assistance, corrections, bed mobility **(Lab)**
1:30	3:00	**The Core** • Anatomy • Recruiting global reflexive firing patterns • Core facilitation **(Lab)** - Hip PNF sequence with preloading **Evidence Based Medicine** - Stroke strengthening research
3:00	3:15	**Break**
3:15	3:45	**Evidence Based Medicine** (Continued) • Forced use paradigm • Gait unloading
3:45	4:30	**Rolling** • Motor control and segmental sequencing • Fundamental reflex stabilization • Rolling **(Lab)**
4:30	5:00	**Quadruped** • Quadruped is pre-gait • Rotational stability • Quadruped **(Lab)**
5:00	6:00	**Normal Upper Extremity Mechanics** • Scapulohumeral rhythm

Day Two

8:00	9:00	**Upper Extremity Function-Reaching** • Scaption **(Lab)** • Depression scoot • Scapula mobilization/ stabilization **(Lab)**
9:00	10:00	**Trunk Mobility** • Trunk mobility integration • Seated weight shifting, ROM, pelvic and scapula mobilization **(Lab)**
10:00	10:15	**Break**
10:15	12:00	**The Shoulder in Hemiplegia** • Loss of muscular control • Altered patterns • Establishing weight bearing • Shoulder: conscious loading of the shoulder **(Lab)** **Mobility** • A simple flexion-extension pattern? • Eccentric force control precedes concentric force control
12:00	12:45	**Lunch** (on your own)
12:45	1:30	**Mobility Lab** (continued) • How to squat • How to set up orthopedically and neurologically STS **(Lab)**
1:30	3:15	**Gait** • Is your patient ready for gait training? • Fundamental building blocks of gait • Gait Ther-ex **(Lab)** **When Your Feet Hit the Ground How Does Your Body React?** • Drive the feet into the ground to load pelvis 3-D • Why retro-gait? • Gait foot work **(Lab)**
3:15	3:30	**Summary/Conclusion**

APPROVED PROVIDER of CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

APPROVED CE PROVIDER FOR THE ATHLETIC TRAINER BOC

About the Educator

John Wilson, PT, DPT, MA, CSCS, earned his Masters degree in Physical Therapy from Loma Linda University in 1998. He has been an exercise physiologist for the past 23 years, earning a Masters degree in Applied Exercise Physiology from San Diego State University in 1993. John completed his Post Professional Clinical Doctorate of Physical Therapy program at Western University of Health Sciences in 2005. Dr. Wilson also is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

Early in his career John focused on outpatient orthopedics and performance training. He spent two years as a research assistant at The Kasch Exercise Physiology Laboratory conducting performance testing/ training of professional athletes (including the NFL Chargers) and exercise prescription of seniors in a community wellness program. Though still active working with athletes, John's emphasis the past decade has focused on orthopedics and neurological movement disorders. Working with geriatrics in the LTC/SNF and outpatient setting has been rewarding. Having completed advanced coursework in neurological rehabilitation and gait, he noted immediate improvement in his orthopedic and sports medicine outcomes. John has been providing geriatric strength training, mobility and movement patterns courses nationally since 2004.

Dr. Wilson has brought his performance approach to the geriatric population. Utilizing dynamic movement analyses, progressive resistive strength training, manual therapy and prescribed corrective exercises in outpatient and skilled nursing settings. He utilizes outcomes research, evidence-based practice and professional experience to ensure efficient and effective outcomes for rehabilitation patients.

Why You Should Attend This Course

Physical and Occupational Therapists and Assistants treat patients and their impairments, not the diagnosis. Understanding the underlying mechanisms of a stroke diagnosis will enhance the therapists ability to determine specific rehab needs of the patient. This course, with applications for patients in all therapy settings, will focus on the movement re-education needs required for basic daily function of the patient from an integrated approach based on neurologic science and orthopedics. This intermediate level course combines lecture and extensive lab time designed for participants to practice motor skills covered in lecture that will immediately enhance a clinician's ability to treat this population.

Historic and modern approaches to stroke rehab such as: motor control theory, PNF, NDT, strength training, forced use paradigm, mobility and gait unloading and training will all be integrated into this movement training approach. Orthopedic concerns of the neurological patient and the hemiplegic shoulder will also be addressed.

This course provides a systematic movement re-education treatment approach. Concepts presented will teach you how to utilize the fundamental movement patterns of the neurodevelopmental sequence to view mobility and static/dynamic stability problems in a more isolated setting. You will learn how to identify a patient's most dysfunctional movement pattern following stroke, or any other movement disorder, and reduce that pattern into its many underlying mobilizing and stabilizing actions and reactions that constitute function. As demonstrated in the labs, movement patterns can be assisted and facilitated, corrected (with manual therapy and prescribed proprioceptively enriched therapeutic exercise), and progressed. After completion of this course, the participant will have the information needed to evaluate and treat movement dysfunction. Participants will leave this course with a safe, progressive and evidence-based approach to allow for strong therapy outcomes regardless of therapy background or treatment setting.

Course Objectives

Upon completion of this course, participants will be able to:

- Identify how to analyze, correct and progress movement patterns.
- Develop and perform a complete evaluation approach linking movement assessment findings to functional patterns.
- Discuss evidence-based practice for strength training, forced use, body weight supported therapies and virtual reality and how they relate to the stroke patient population.
- Describe the scientific and clinical rationale behind the development of an exercise program for the treatment of functional mobility in the stroke population.
- Demonstrate the proper utilization of the fundamental movement patterns of the neurodevelop mental sequence to view mobility and static/dynamic stability problems in a more isolated setting.
- Identify a patient's most dysfunctional movement pattern following stroke, reduce that pattern into its many underlying mobilizing and stabilizing actions and reactions that constitute function.
- Describe how neuromusculoskeletal dysfunction can lead to impaired motor control and movement patterns.
- Recognize how to utilize neuromuscular inhibition and facilitation techniques and how to sequence them in therapy prescriptions for maximum functional outcomes.
- Develop home exercise programs of prescribed fundamental movement patterns to maintain functional results.

Stroke Rehabilitation

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of $75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.