

2009 Course Dates & Locations

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A Dynamic Systems Approach to Neurological Rehabilitation

An Integrated, Evidence-Based Approach



Presented by
Jennifer Goff,
MSPT, NCS, CLT, CVT

North American Seminars, Inc.
1-800-300-5512
Fax 1-800-310-5920
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Day One

7:30	8:00	Registration
8:00	8:30	The concepts of a dynamic systems approach <ul style="list-style-type: none">• Theories of neurological rehabilitation• Neuroplasticity• Motor learning
8:30	10:30	The nervous system (lecture/lab) <ul style="list-style-type: none">• Central and peripheral functions• Manual and sensory cues to enhance functional mobility• Rehabilitation concepts: PNF, NDT, forced use, learning styles disease process of CVA, Parkinson's, MS, and Post-polio
10:30	10:45	Break
10:45	11:15	Nervous System continued
11:15	12:00	The musculoskeletal system (lecture/lab) <ul style="list-style-type: none">• Muscle tone• ROM and strengthening• Modalities• Manual therapy
12:00	12:30	The cardiovascular system (lecture/lab) <ul style="list-style-type: none">• Conditioning concepts for neurologically impaired individuals
12:30	1:30	Lunch
1:30	2:00	The vascular and lymphatic system (lecture/lab) <ul style="list-style-type: none">• Edema management for neurological patients
2:00	2:30	The enteric system (lecture/lab) <ul style="list-style-type: none">• Nutrition, digestion, elimination: constipation and incontinence• Taste, Mastication, and Swallowing
2:30	3:00	The olfactory system (lecture/lab) <ul style="list-style-type: none">• Memory, arousal• Aroma therapy
3:00	3:30	The auditory system <ul style="list-style-type: none">• Noise and health• Sound therapy
3:30	3:45	Break
3:45	4:15	The visual system (lecture/lab) <ul style="list-style-type: none">• Focus• Depth perception
4:15	5:00	The vestibular system (lecture/lab) <ul style="list-style-type: none">• Visual motor• Motion sensitivity• Balance

Day Two

8:00	9:00	The mind (lecture/lab) <ul style="list-style-type: none">• Limbic functions• Visualizations
9:00	10:30	Complimentary concepts to neurological rehabilitation (lecture/lab) <ul style="list-style-type: none">• Meditation/mindfulness based relaxation• Yoga• Qi Gong/Tai Chi• Acupuncture
10:30	10:45	Break
10:45	12:00	Forming care plans from dynamic systems approach (lecture/lab) <ul style="list-style-type: none">• Modified Nagi model• Goals and documentation• Case study - lab
12:00	1:00	Lunch
1:00	3:00	Specific needs and treatment approaches <ul style="list-style-type: none">• CVA• Parkinson's
3:00	3:15	Break
3:15	4:30	Specific needs and treatment approaches <ul style="list-style-type: none">• Multiple Sclerosis• Post-polio Syndrome
4:30	5:00	Questions and Answers

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About the Educator

Jennifer Goff, MSPT, NCS, CLT, CVT obtained her BSPT at Northern Arizona University in 1989 and her MSPT at Rocky Mountain University in 2003. She is Board Certified in Neurology. She is certified in the fields of vestibular rehabilitation, lymphedema and venous management, and NDT. She has pursued advanced instruction in PNF, manual therapy, wound care, urinary incontinence, and motor control and motor learning. She has been a clinical instructor for 9 years. She has completed over 150 hours of education in alternative medicine practices as well as self-study in the arts of Eastern Medicine Philosophies, Acupuncture and Shiatsu, Qi Gong, Tai Chi, Yoga, Reflexology, Rieki, Aikido, Healing Touch, and meditation.

She has been a PT for 19 years spending most of her career treating patients with neurological deficits. She has been active in stroke, vestibular, and Parkinson's support groups. Her efforts in a restraint reduction and fall prevention program won an award from the Idaho Best Practices Committee. Throughout her career she has been a strong advocate for patient health and wellness within multiple settings of health care.

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

This course is
15.0 contact hours/1.5 CEUs

**For Florida licensed therapists,
this course is
18.0 contact hours/1.80 CEU's.**



Why You Should Attend This Course

This 2-day intermediate level course is a comprehensive presentation focusing on rehabilitation for the neurological patient. Lecture and lab will be combined to cover many topics using a dynamic systems approach. The basic concepts of PNF, NDT, motor learning, forced use, sensory and manual cueing, and the promotion of Neuroplasticity will be reviewed. The causes of and treatment for altered muscular tone will be explored. The clinician will learn how the sensory systems affect motor performance and will be given exercise protocols to enhance motor outcomes using each system. Detailed information will be provided on how to utilize one system to help heal another. The course will cover therapeutic approaches for the neurological patient for: strengthening, conditioning, balance, coordination, functional mobility, edema management, incontinence, and constipation. Complimentary approaches including yoga, tai chi, Qi Gong, acupuncture, meditation, and visualization will be thoroughly discussed.

The disease processes, current research, and treatment protocols for the special needs of patients with CVA, Parkinson's, Multiple Sclerosis, and Post Polio Syndrome will be covered. The clinician will leave this course with many exercise protocols specific for these diagnoses and will also be able to take the knowledge learned and immediately apply it to a full spectrum of neurological patients.

Course Objectives

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

- Understand the concepts and theories that lead to dynamic systems approach to neurological rehabilitation.
- Describe the process of neuroplasticity and demonstrate techniques to enhance the ability to maximize the concepts of neuroplasticity in progressive rehab programs.
- Understand how each system is intricately related to each other and develop treatment programs to utilize one system to benefit the other.
- Develop exercise components to enhance motor control, movement patterns, and motor learning in the neurological patient
- Utilize specific techniques to develop treatment programs for hypertonicity, myoplastic hyperstiffness, rigidity, strengthening, and mobilization for the neurological patient
- Incorporate the appropriate cardio-pulmonary conditioning training for specific neurological disorders.
- Properly evaluate the difference between vascular disorders and edema and perform appropriate treatment protocols.
- Develop exercise protocols that assist with enhancing depth perception, focus, environmental awareness, visual-motor control and balance in the neurological patient.
- Develop exercise programs to assist with incontinence and constipation.
- Incorporate mind-body exercises such as yoga, Qi Gong, tai chi acupressure and mediation into treatment programs for increased functional outcomes.
- Utilize a modified version of the Nagi Model to assess patient, set up specialized treatment plans and goals

For Florida licensed physical and occupational therapists this course is 18.0 contact hours/ 18.0 ceus. This course will be submitted for approval to the FPTA for physical therapists licensed in Florida. FL OT provider # 50-1442. This course can be used for continuing education competency for license renewal for OT's in the state of California. North American Seminars, Inc. is an AOTA provider for continuing education. AOTA Provider #4487, AOTA does not endorse specific course content, products, or clinical procedures. IL PT Provider #216000074. The Illinois, Kentucky, Texas, Oregon, Tennessee, New Hampshire, Nevada, South Carolina, Delaware, Rhode Island, Missouri, North Carolina, Virginia, and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. BOC Provider #P2047.

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Registration Form

**A Dynamic Systems Approach to
Neurological Rehabilitation
Course Tuition: \$399**



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

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.

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Credit Card _____

expiration date _____ e-mail _____

Location of attendance _____