

Gait Training

An Evidence Based Course
Combining Manual Therapy,
Exercise and Functional Activities



Presented by

Kim Contryman PT, DPT, NCS, OCS

PT, OT, PTA, and AT-
Continuing Education Course

North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
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Call 1-800-300-5512 or Go online to register:

www.healthclick.com and Select [Registration](#) from the main menu. Search by course name for more info & course dates.

Certificates of attendance for CEU verification are provided after successful completion of the course.

This course is 15 contact hours/1.5 ceu's

This course is 18 contact hours/1.8 ceu's for therapists licensed in Illinois, New York, or the District of Columbia

BOC Provider #P2047 | New York PT/PTA Provider
PA-PT Board approval # PTCE011000 (13 Gen, 2 DA)
AOTA Provider #4487

Day One

7:30	8:00	Registration
8:00	8:30	Introduction and Course Overview <ul style="list-style-type: none"> • History • Past experience • Use of evidence based practice
8:30	9:00	Patient Application <ul style="list-style-type: none"> • Impairments that you observe • Therapy diagnosis • Prioritize then treat
9:00	10:00	Movement Analysis (Lecture/Lab) <ul style="list-style-type: none"> • Model • Biomechanics: Importance of correcting biomechanical motion throughout rehab • Assessment • Task Analysis: break out sessions with specific tasks to analyze
10:00	10:15	Break
10:15	12:00	Gait Analysis (Lecture/Lab) <ul style="list-style-type: none"> • Evidence based studies • Review of gait cycle • Muscle activity • Lab: analyze gait and correlate observation with muscle activity • Use of biofeedback
12:00	1:00	Lunch (on your own)
1:00	2:00	Anatomy <ul style="list-style-type: none"> • Components of the hip joint • Spinal tracts • Upper motor neuron
2:00	2:30	Patient Application <ul style="list-style-type: none"> • Contributors to abnormal movement • Orthopedic impairments • Pre morbid conditions
2:30	3:00	Common Patterns <ul style="list-style-type: none"> • Malalignments of the trunk • Synergistic patterns of the lower extremity • Upper extremity impairments
3:00	3:15	Break
3:15	4:00	Muscle Performance <ul style="list-style-type: none"> • Length tension • Endurance • Strength • Power • Evaluation tools • Joint specific requirements • EBP
4:00	5:45	Strengthening (Lecture/Lab) <ul style="list-style-type: none"> • Closed vs. open chain • Specificity of training • Joint specific • EBP • Neurodevelopmental techniques • Lab: hands-on activities with handling and performance exercises
5:45	6:00	Summary and Questions <ul style="list-style-type: none"> • Relate strengthening lab to patient case • Review

Day Two

8:00	8:45	Questions and Answers
8:45	9:30	Upper Extremity Contributions <ul style="list-style-type: none"> • Case study • Balance • Trunk disassociation • Gait
9:30	10:30	Structural Relationships to the Hip (Lecture/Lab) <ul style="list-style-type: none"> • Pelvis to foot • Joint • Soft tissue • Flexibility • Lab: hands on activities with handling and performance of exercises
10:30	10:45	Break
10:45	12:00	Proprioception/Balance (Lecture /Lab) <ul style="list-style-type: none"> • Visual • Vestibular • Joint
		Tests <ul style="list-style-type: none"> • Tinetti • Berg balance • Dynamic Gait Index • Lab: Hands - on activities with handling and performance of exercises and tests
12:00	12:30	Lunch (on your own)
12:30	1:30	Soft Tissue Mobilization (Lecture/Lab) <ul style="list-style-type: none"> • Trunk to foot (trunk musculature, hip musculature, lower leg musculature) • Modalities • Lab: hand-on activities with performance and sensation mobilizations
1:30	3:00	Break Out Sessions <ul style="list-style-type: none"> • Small group with video analysis sessions-video analysis • Assessment of gait • Plan of care development
3:00	3:15	Wrap up/Questions



Call North American Seminars, Inc. if your facility is interested in hosting one of our courses or if you are an educator interested in presenting courses with North American Seminars, Inc. 1-800-300-5512

About the Educator

Kimberly A. Contryman, PT, DPT, NCS, OCS earned her masters of physical therapy in 1991 from Northern Arizona University. She was NDT certified in 1995, received her certification as a neurology specialist by the APTA in 2000 and received her certification as an orthopedic specialist in 2002. In May of 2002 the University of Southern California awarded Kim a doctorate of physical therapy. She received the Order of the Golden Cane, which is the highest honor awarded to graduates who demonstrate outstanding accomplishments in a variety of professional areas. While in her doctoral program at USC, Kim worked as an assistant instructor in the DPT program at the university as well as treating physical therapy patients. Dr. Contryman was awarded the Outstanding Mentorship Award for her exceptional skill in assisting students to master difficult curricular content. Throughout her career, Dr. Contryman's primary focus in physical therapy has always been on providing both inpatient and outpatient rehabilitation. In addition to hands-on physical therapy, Dr. Contryman was a clinical manager for over five years. Kim received the 5-Star Award given to outstanding employees within that health system. Kim is frequently a guest lecturer and is involved in teaching at various colleges within her geographical area. Neurology and orthopedics form an important part of Dr. Contryman's background. Her expertise includes all forms of orthopedic and neurological diagnoses including traumatic head injuries, cerebral vascular accidents, pathological conditions, orthopedic insults and postsurgical care. Presently, Dr. Contryman owns Blue Ridge Physical Therapy where she treats a diverse population of patients with a variety of diagnoses focusing on orthopedic and neurological insults. Kim demonstrates a hands-on approach individualized to each patient rather than to each diagnosis.

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Why You Should Attend This Course

This intermediate level 2-day course provides an orthopedic perspective in the evaluation and treatment of the neurologically involved lower extremity with the use of evidence based practice. This course will provide studies that support common theories and treatments involved with the treatment of the lower extremity with a focus on function and gait. The concepts and principles demonstrated in this course enhance both the clinician's knowledge base and hands-on skills. Clinicians will learn to not only identify impairments in alignment, but prioritize which impairment is affecting function. They will analyze movement patterns specifically with gait, determine musculoskeletal dysfunctions (including muscle imbalances) and develop a working therapy diagnosis with appropriate therapeutic intervention. Course instruction is enhanced by extensive group interaction and hands-on practice of the evaluation procedures (with case studies). Treatment approaches are aimed at soft tissue mobilization, flexibility activities, strengthening exercises and proprioceptive activities that will improve gait and mobility with patients. Break out sessions will include video analysis of actual patients to allow the clinician to systematically diagnosis patient dysfunction and develop a progressive functional treatment plan. The techniques learned can be applied to a multitude of pathologies in both the neurologic and orthopedic realm (including, but not exclusive to: CVA, SCI, TBI, Parkinson's Disease, MS, CP, deconditioning, hip pathologies, arthritis, etc). This course assists the clinician in becoming more efficient with making the correct therapy diagnosis, documenting, analyzing, communicating and progressing the patient to a more functional level.

Course Objectives

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

- Differentiate appropriate evaluation techniques and develop treatment programs for specific musculoskeletal restrictions in the neurologically involved lower extremity.
- Analyze gait abnormalities and prioritize impairments to develop a treatment plan focused on improving function rather than just improving impairments.
- Identify which muscles are firing/not firing at the appropriate/inappropriate time during a gait cycle.
- Identify muscle imbalances through weakness, length tension disruption and joint hyper/hypomobility.
- Design a specific plan of care for each individual patient aimed at the appropriate dysfunction.
- Discuss how specific treatments are supported by evidence based research.
- Discuss the difference in treatment focused on improving function versus improving impairments.
- Demonstrate manual skills to perform soft tissue mobilization (including mobilization with movement and muscle bending), strengthening exercises (including NDT techniques), proprioceptive activities and stretching techniques.

Registration Form

Contryman18

Gait Training

Course Tuition: \$425

Send tuition to: North American Seminars, Inc.

2000 Mallory Lane Suite 130-67 Franklin, TN 37067

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Home Address	_____		
City	State	Zip	_____
Credit Card	_____		
Exp.date	CVV	Phone	_____
e-mail	_____		
Location of attendance	_____		

All this information is required in order to process a registration

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.