A Dynamic Systems Approach to Neurological Rehabilitation
An Integrated, Evidence-Based Approach

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

This course is 15 contact hours/1.5 ceus/15 ccu's

Day One
7:30 8:00
Registration
8:00 8:30
The Concepts of a Dynamic Systems Approach
• Theories of neurological rehabilitation
• Neuroplasticity
• Motor learning
8:30 10:30
The Nervous System (lecture/lab)
• Central and peripheral functions
• Manual and sensory cues to enhance functional mobility
10:30 10:45
Break
10:45 12:00
Rehabilitation Concepts
• PNF, NDT, forced use, and learning styles
to promote improved functional outcomes
• Documentation and coding examples
Lunch (on your own)
12:00 1:00
The Musculoskeletal System (lecture/lab)
• Muscle tone
• ROM and strengthening
• Modalities
• Manual therapy
2:30 3:15
The Cardiovascular System (lecture/lab)
• Conditioning concepts for neurologically impaired individuals
• Exercise affect on cardio/pulmonary system
3:15 3:30
Break
3:30 5:00
The Vascular and Lymphatic System (lecture/lab)
• Edema management for neurologically impaired patients
• Exercise and manual techniques to promote edema management

Day Two
8:00 9:00
The Enteric System (lecture/lab)
• Nutrition, digestion, elimination: constipation and incontinence
9:00 10:00
The Olfactory System (lecture/lab)
• Memory, arousal
• Aroma therapy
The Auditory System
• Noise and health
• Sound therapy
The Visual System (lecture/lab)
• Focus
• Depth perception
10:00 10:15
Break
10:15 10:45
The Vestibular System (lecture/lab)
• Visual motor
• Motion sensitivity
• Balance
10:45 12:30
The Mind (lecture/lab)
• Cognitive rehab strategies
• Visualizations
Compilimentary Concepts to Neurological Rehabilitation
• Yoga
• Chi Gong/Tai Chi
• Acupuncture
• Meditation
• Daoism
• Acupuncture
• Meditation
• Energy therapies
• Mind/Body therapies
• Yoga
• Chi Gong/Tai Chi
• Acupuncture
• Meditation
• Energy therapies
• Mind/Body therapies

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About the Educator

Jennifer Goff MSPT NCS, CLT, CMT, has been a physical therapist for 30 years. She obtained her BSPT at Northern Arizona University and her MSPT at Rocky Mountain University of Health Professions. She is board certified by the ABPTS in neurologic rehabilitation with a special interest in the autonomic nervous system and how trauma patterns are held in the body via neuro-fascial communication. She has been certified in the fields of vestibular rehabilitation, and lymphedema and venous management. She is a certified mindfulness meditation instructor, a restorative yoga instructor, and a level 1 Chi Gong instructor. She has pursued advanced instruction in manual therapy, myofascial release, and women’s health and has completed over 250 hours of education in integrative medicine practices. She is a PhD student studying how the mind and body interact to enhance well-being. She has been a clinical instructor for 12 years. She currently works in a wellness and pain management clinic utilizing manual skills, mindfulness based movement, sub-inflammatory based progressive exercise programs and patient education strategies to help people reduce chronic pain and improve quality of life. She acts as an educational consultant with training expertise in a wide variety of topics including chronic pain, dementia, lymphedema management, neurological rehabilitation, vestibular training, and bowel and bladder management. She is active in the promotion of healthy aging lifestyles through presentations and publications for the general public and specific patient support groups.

Why You Should Attend This Course

This two-day intermediate level course is a comprehensive presentation on rehabilitation for the neurological patient. Lecture and lab will be combined to cover many techniques that promote neuroplasticity and functional recovery from neurological injury and disease. The concepts of facilitatory and inhibitory techniques, 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 multiple body systems affect motor performance and will be given exercise protocols to use to enhance functional outcomes using each system. The course will cover therapeutic approaches for the neurological patient for: strength, coordination, functional mobility, edema management, incontinence, and constipation. Complimentary approaches including Yoga, Tai Chi, Chi Gong, acupressure, meditation, and visualization will be included.

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 but will also be able to take the knowledge learned and immediately apply it to a full spectrum of neurological patients. The clinician will be given treatment protocols and will be able to perform exercise concepts for multiple body systems to create movement, enhance motor control, and motor learning in neurological patients. In depth discussion for documentation and coding will be reviewed to assist with proper reimbursement.

Course Objectives

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

- Describe 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.
- Identify 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 hyper stiffness, rigidity, strengthening and mobilization for the neurological patient.
- Incorporate the appropriate cardiopulmonary 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 meditation into treatment programs for increased functional outcomes.
- Utilize a modified version of the Nagey Model to assess patients, set up specialized treatment plans and goals.
- Combine Imagery and visualization to create movement strategies.
- Utilize current standardized tests and measures to evaluate patients, set up treatment plans, write goals and improve documentation to show systematic progression with measurable outcomes with neurological patients.

Add the online Myofascial Release course during registration for 23.5 total hours.

(501 course, with online home study).

28.2 CEUs for therapists licensed in IL, DC, NY

23.5 CEUs