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

This course is 18 contact hours/1.8 ceu's for therapists licensed in

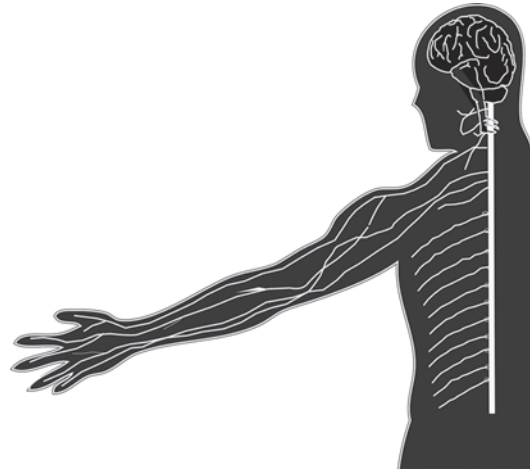
New York, Illinois or the District of Columbia

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

**This course is applicable for PT, PTA, OT, AT's.** This course meets the continuing education requirements for physical therapists in the States of AK, AL, CA, CO CT, DE, DC, GA, ID, IN, MA, MO, MT, NH, NC, OR, PA, RI, SC, UT, VT, VA, WA, WI and WY. NAS is a provider for continuing education approved by the IDPR for physical therapists, IL provider # 216000074. 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 activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas for 15 ccu's. The assignment of Texas PT CCU's does not imply endorsement of specific content, products, or clinical procedures by TPTA or TBPE. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 ccu's, 15 Category-1 PDA units. 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. **North American Seminars, Inc. is an AOTA provider for continuing education. Provider # 4487.** Intermediate Level Occupational Therapy Process: evaluation, intervention, outcomes. AOTA approval hours-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. FL OT provider # 50-1442. **BOC Provider #P2047, call for evidence based status.** Meets the NBCOT requirements. **Don't see your state listed? Call 800-300-5512 for specific state approval numbers as they are continually updated.**

# A Dynamic Systems Approach to Neurological Rehabilitation

## An Integrated, Evidence-Based Approach



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

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

**North American Seminars, Inc.**  
**1-800-300-5512 | Fax 1-800-310-5920**  
**[www.healthclick.com](http://www.healthclick.com)**

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

### Day One

7:30	8:00	<b>Registration</b>
8:00	8:30	<b>The Concepts of a Dynamic Systems Approach</b> <ul style="list-style-type: none"> <li>Theories of neurological rehabilitation</li> <li>Neuroplasticity</li> <li>Motor learning</li> </ul>
8:30	10:30	<b>The Nervous System (lecture/lab)</b> <ul style="list-style-type: none"> <li>Central and peripheral functions</li> <li>Manual and sensory cues to enhance functional mobility</li> </ul>
10:30	10:45	<b>Break</b>
10:45	12:00	<b>Rehabilitation Concepts</b> <ul style="list-style-type: none"> <li>PNF, NDT, forced use, and learning styles to promote improved functional outcomes</li> <li>Documentation and coding examples</li> </ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	2:30	<b>The Musculoskeletal System (lecture/lab)</b> <ul style="list-style-type: none"> <li>Muscle tone</li> <li>ROM and strengthening</li> <li>Modalities</li> <li>Manual therapy</li> </ul>
2:30	3:15	<b>The Cardiovascular System (lecture/lab)</b> <ul style="list-style-type: none"> <li>Conditioning concepts for neurologically impaired individuals</li> <li>Exercise affect on cardio/pulmonary system</li> </ul>
3:15	3:30	<b>Break</b>
3:30	5:00	<b>The Vascular and Lymphatic System (lecture/lab)</b> <ul style="list-style-type: none"> <li>Edema management for neurological patients</li> <li>Exercise and manual techniques to promote edema management</li> </ul>



### Day Two

8:00	9:00	<b>The Enteric System(lecture/lab)</b> <ul style="list-style-type: none"> <li>Nutrition,digestion, elimination: constipation and incontinence</li> <li>Taste, mastication and swallowing</li> </ul>
9:00	10:00	<b>The Olfactory System (lecture/lab)</b> <ul style="list-style-type: none"> <li>Memory, arousal</li> <li>Aroma therapy</li> </ul>
		<b>The Auditory System</b> <ul style="list-style-type: none"> <li>Noise and health</li> <li>Sound therapy</li> </ul>
		<b>The Visual System (lecture/lab)</b> <ul style="list-style-type: none"> <li>Focus</li> <li>Depth perception</li> </ul>
10:00	10:15	<b>Break</b>
10:15	10:45	<b>The Vestibular System (lecture/lab)</b> <ul style="list-style-type: none"> <li>Visual motor</li> <li>Motion sensitivity</li> <li>Balance</li> </ul>
10:45	12:30	<b>The Mind (lecture/lab)</b> <ul style="list-style-type: none"> <li>Cognitive rehab strategies</li> <li>Visualizations</li> </ul>
		<b>Complimentary Concepts to Neurological Rehabilitation (lecture/lab)</b> <ul style="list-style-type: none"> <li>Yoga</li> <li>Chi Gong/Tai Chi</li> <li>Acupuncture</li> <li>Meditation</li> </ul>
12:30	1:00	<b>Lunch (on your own)</b>
1:00	1:30	<b>Forming Care Plans from Dynamic Systems Approach (lecture/lab)</b> <ul style="list-style-type: none"> <li>Modified Nagi model</li> <li>Review of documentation and coding</li> </ul>
1:30	3:00	<b>Specific Needs and Treatment Approaches</b> <ul style="list-style-type: none"> <li>CVA</li> <li>Parkinson's</li> </ul>
3:00	3:15	<b>Break</b>
3:15	4:15	<b>Specific Needs and Treatment Approaches</b> <ul style="list-style-type: none"> <li>Multiple Sclerosis</li> <li>Post-polio Syndrome</li> </ul>
4:15	4:30	<b>Questions and Answers</b>

For special needs requests, submit a help ticket at [www.healthclick.com](http://www.healthclick.com)

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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.

**Add the online Myofascial Release course during registration for 23.5 total hours.**  
 (live course, with online home study).  
 23.5 CEU's.  
 28.2 CEU's for therapists licensed in IL, DC, NY

## 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: strengthening, conditioning, balance, 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 mediation into treatment programs for increased functional outcomes.
- Utilize a modified version of the Nagi 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.

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Profession

Name

Home Address

City

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State

Credit Card

Exp.date

Phone

CW

e-mail

Location of attendance

All this information is required in order to process a registration

## A Dynamic Systems Approach to Neurological Rehabilitation

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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.