

## REGISTRATION

Cost for this course is \$475.00. Please bring a check upon arrival to the course.

**Registration deadline: August 31, 2017.**

To register, please contact Nicole Sproviero at [NSproviero@colemanschool.org](mailto:NSproviero@colemanschool.org)

If you have any questions, please call Lauri Cohen at (914) 294-6173.

## TESTIMONIALS

- *Great seminar! Instructor was interesting and very knowledgeable!*
- *Looking forward to be able to apply treatment to my neurological impaired students.*
- *Great course. Good clinical applications.*
- *Jackie was absolutely wonderful! She explained everything in ways that were easily applicable to treatment sessions. I can't wait to try out what I've learned.*
- *This was a great introduction to NDT. It made me want to keep going in my professional studies!*
- *Full of new techniques and knowledge to gain more treatment as functional as it should be.*
- *The basics of NDT was a nice introductory course to learn about background, history, and transitioning through the therapy process, and through NDT treatment model.*

**This course meets the criteria for 14 contact hours (1.4) CEUs for both physical and occupational therapists. Pending CEU approval for speech therapists.**

This course is relevant to pediatric PTs, PTAs, OTs, OTAs, and SLPs as it provides lab experience with direct hands on practice with a partner of therapy techniques based on NDT principles. Participants will examine the importance of the developmental sequence and its relation to planes of movement throughout the first year of life and throughout the life span. The therapists will learn the importance of touch and the influence of utilizing touch as a means of facilitating movement through space. Through practice on a lab partner the therapists will learn how to analyze movement and begin to develop an understanding of how movement patterns develop from both internal and external influences utilizing the ICF model. We will look at how movement patterns develop both in the typical and atypical child and how the therapist can shape and develop those movement patterns and their relation to upper extremity and sensory influences.

## INSTRUCTOR

Jacqueline Grimenstein, PT, is a master clinician with extensive experience in outpatient and inpatient rehab as well as school based settings. With over 40 years of experience her primary area of interest has been treating children with cerebral palsy and other neurologic disorders particularly children with severe disabilities utilizing the NDT framework. She is a certified PT instructor for the NDTA and a certified Kinesiotaping practitioner. She is the Director of Clinical Outcome Measures at Weisman Children's Rehab Hospital in Marlton. In addition to presenting on NDT, she presents on Functional Exercise and Strengthening for Children with Cerebral Palsy and Taping to Improve Alignment, Function and Strength.

## OFF WE GO: Principles and Facilitation Utilizing NDT

Jacqueline Grimenstein,  
PT, C/NDT, CKTP



September 9 – 10, 2017



*Changing lives, one child at a time*

<http://setonpediatric.org>  
914-294-6300

## COURSE DESCRIPTION

Begin your journey into the world of NDT with this course that will introduce you to the benefits of using NDT to treat the child with neurologic impairments across the lifespan. You will be introduced into the basics of facilitation strategies for improved movement patterns and how to look at all aspects of the child to assess the primary area to address in treatment. This course is designed for the physical therapist, occupational therapist or speech & language pathologist seeking a basic understanding of the Neuro-Developmental Treatment Approach (NDT) for children with cerebral palsy and neuro-motor disorders. This course is very attractive to clinicians who seek a better understanding of the NDT practice model and the use of handling and facilitation to enhance function. Course material will focus on basic concepts of theory, assessment and treatment of the child with cerebral palsy and neuro-motor disorders. The course will include extensive lab sessions and case studies to reinforce didactic information.

## COURSE OBJECTIVES

- Identify NDT principles and theoretical assumptions
- Identify principles of NDT facilitation
- Differentiate between typical and atypical development.
- Identify alignment, base of support and weight shift within the framework of functional movement
- Recognize the relationship of the ICF
- Identify unique treatment strategies for the trunk, upper and lower extremities for use with children birth through adolescence
- Demonstrate how to translate facilitation strategies onto equipment

## SCHEDULE DAY ONE

8:00-9:30	NDT practice model (principles of NDT)
9:30- 10:15	Principles of facilitation
10:15-10:30	Break
10:30- 11:15	Movement Lab: Typical/Atypical Development
11:15-12:00	Typical vs Atypical Development
12:00-1:00	LUNCH
1:00-2:30	Treatment Demonstration
2:30-2:45	Break
2:45- 3:30	Lab: Analysis of movement, Influence of touch, Key Points of Control
3:30-4:15	Lab: Alignment, Base of Support, Weight Shift Trunk facilitation
4:15-4:30	Questions/Wrap Up

## WHO SHOULD ATTEND

Physical Therapists, Occupational Therapists, and Speech Language Pathologists

## COURSE LEVEL

Beginner to intermediate

## SCHEDULE DAY TWO

8:00-8:15	Questions and Review
8:15-9:30	Using the ICF model as a construct for NDT Assessment
9:30-10:15	Goal writing – How to make goals achievable
10:15-10:30	Break
10:30-12:00	Video Case Presentation
12:00-1:00	LUNCH
1:00-2:00	Lab: Spinal Extension, Lateral Weight Shifts
2:00-3:15	Lab: Transitional movements
3:15-3:30	Break
3:30-4:15	Lab: I have a child: group problem solving
4:15-4:30	Wrap Up

## WHAT TO BRING/WEAR

Participants should wear lab clothes/gym attire that allow for ease of movement

## MEALS

Continental breakfast and snacks will be provided; lunch is on your own