

CONTINUING EDUCATION PRESENTS:

REACHING... FOR ENHANCED POSTURAL AND UPPER EXTREMITY FUNCTION AND PARTICIPATION

Friday, February 3- Saturday, February 4, 2023

Presented by: Gay L. Girolami, PT, PhD, Peds CI and Advanced NDTA Instructor & Diane Fritts Ryan, OTR/L, Peds OT Instructor, and Advanced NDTA Instructor



Audience:

Physical Therapists
& Occupational Therapists

Hosted by:

Easterseals DuPage & Fox Valley
830 S. Addison Ave
Villa Park, IL 60181



Course Credits: 14 Contact Hours

Course Summary

This 2 day course will focus on the foundational elements of postural control and their relationship to upper extremity supporting, reach and grasp.

Continuing Education Credits

Continuing education credits for P.T/O.T will be offered through the Illinois Department of Professional Regulation.

Early Intervention credits have been requested for 14 contact hours.

All participants will receive a course completion certificate upon successful completion of the conference. No certificates will be awarded until course completion is verified on the final date of the conference.

Instructors Bios:

Gay L. Girolami, PT, PhD, C/NDT holds the rank of Clinical Professor and serves as the Director of Professional Education in the Doctor of Physical Therapy Program, at the University of Illinois at Chicago. She is a certified NDT coordinator instructor. Dr. Girolami's research interests include the study of posture, balance and motor control in infants and children with typical and atypical motor development, and the assessment and treatment of infants and children with neuromotor disorders. Gay is co-developer of the Test of Infant Motor Performance (TIMP), a measurement tool to assess functional motor behavior and postural and selective control in infants between 34 weeks gestational age and 4 months adjusted age. She holds a Bachelor of Science in Physical Therapy from Marquette University, a Master of Science in Pediatric Physical Therapy from the University of North Carolina at Chapel Hill and a doctoral degree in Movement Science from the Department of Kinesiology and Nutrition at the University of Illinois at Chicago.

Diane Fritts Ryan, OTR/L, C/NDT, graduated from the University of Illinois and has over 30 years of pediatric experience with babies, children, and young adults with neurological impairments. Diane currently works at Easterseals DuPage & Fox Valley. She is a State of Illinois Early Intervention evaluator and therapist and has assisted in the development/ongoing evaluation of at-risk babies in the DuPage County Neonatal Follow-up Clinic. Diane has been an OT NDT instructor for the 8-week pediatric course since 1990. She has assisted in several advanced baby and UE/hand treatment courses in the U.S. and inter-nationally. She has also published articles relating to UE/hand function, as well as co-authored chapters on assessment and treatment of infants with neurological impairments.



Approved Provider

Easterseals DuPage and Fox Valley is an AOTA Approved Provider of professional development. Course approval ID# XYZ. This Live learning activity is offered at 1.4 CEUs, Intermediate level, OT Service Delivery.

AOTA does not endorse specific course content, products, or clinical procedures.

REACHING... FOR ENHANCED POSTURAL AND UPPER EXTREMITY FUNCTION AND PARTICIPATION

Course Description

Postural control and shoulder girdle, alignment, mobility, and stability directly impact posture as well as upper and lower extremity function. Individuals with neuromotor disorders are significantly more challenged in organizing postural control and activating shoulder girdle control for functional reach and supporting. Understanding the relationship between the shoulder girdle, trunk and pelvis is critical to improve functional skills and participation in individuals with neurological conditions.

This 2 day course will focus on the foundational elements of postural control and their relationship to UE supporting, reach and grasp. Shoulder girdle impairments common in children and adolescents with neuromuscular dysfunction will also be discussed. Lectures, labs, videos and small group problem solving will be used to illustrate clinical assessment and treatment strategies to impact impaired postural control and atypical shoulder girdle function for improved participation. Incorporating input from sensory systems, the importance of environmental set up, and awareness of the intention to move are emphasized as important considerations in addressing postural control and the reaching, supporting and stabilizing roles of the UE for function. During this course you will learn strategies that you can immediately use in your clinical practice.

Course Objectives

At the conclusion of the course, participants should be able to:

- Identify essential elements of postural control as a foundation for functional movement.
- Relate postural alignment to atypical shoulder girdle patterns seen in children with neurological conditions
- Identify the musculoskeletal and neuromotor impairments in the primary atypical shoulder girdle patterns seen in children with neurological conditions.
- Relate the effect of impaired alignment, mobility and stability of shoulder girdle on trunk posture and functional competency of the extremities.
- Design treatment strategies to improve shoulder girdle alignment and control to enhance upper and lower extremity function.



Two Day Course Schedule

Friday, February 3 (7 Contact Hours)

8:30 am - 5:00 pm

Saturday, February 4 (7 Contact Hours)

8:30 am - 5:00 pm

Friday, February 3, 2023		
Time	Program	Content
8:30 - 9:00	Introduction	Overview of the content to set the parameters and expectations of the course.
9:00 - 10:00	Overview of postural control	Lecture: Foundation elements of balance, compensatory and feedforward postural control
10:00 - 10:15	BREAK	15 minutes
10:15-12:00	Normal Spine and Shoulder Biomechanics and Participant Lab	Lecture/Lab: Review of normal spine and shoulder movements with application to function activities.
12:00 - 1:00	LUNCH	60 minutes
1:00 - 2:30	Videos and Discussion of Atypical Shoulder and Spinal Case Presentations	Videos/discussion: Use of videos to illustrate atypical UE and spine mechanics in children with neurological conditions
2:30 - 2:45	BREAK	15 minutes
2:45 - 4:30	Lab Practicum	Lab Practicum: Intervention planning for the children in the case presentations
4:30 - 5:00	Clinical Practice Questions	Question and answer session

Saturday February 4, 2023		
Time	Program	Content
8:30 - 10:00	Lab Practical	Demonstration: Practicum groups will present and discuss their intervention plans for the video cases.
10:00 - 10:15	BREAK	15 minutes
10:15 - 12:00	Summary of Key Concepts	Lecture/Discussion of the key concepts to consider when for developing intervention strategies
12:00 - 1:00	LUNCH	60 minutes
1:00 - 2:30	Lab Practical	Lab/Discussion: Practicing key intervention concepts
2:45 - 3:00	BREAK	15 minutes
3:00 - 4:30	Videos of Posture and Shoulder Interventions to improve Function	Video/discussion: Illustration of key intervention concepts
4:30 - 5:00	Clinical Practice Questions	Question and answer session

Registration Form

Please complete this form and mail with payment to:

Easterseals DuPage & Fox Valley
Continuing Education Department

830 South Addison Avenue

Villa Park, IL 60181

FAX: 630.620.1148

In-Person Course

Registration Fee: \$420

Early Registration Fee: \$400 on or before 1/3/23

Name: _____

(This is how your name will be printed on the course certificate)

Title/Position: _____

E-mail: _____

Organization: _____

Org. address: _____

City: _____

State: _____ Zip: _____

Business Phone: _____

For credit card payment, please complete:

Type (please circle): Visa, MasterCard, AmEx, Discover

Credit Card #: _____

Expiration Date: _____ CVV: _____

Billing address: _____

City: _____

State: _____ Zip: _____

Home/Cell phone: _____

Space is limited– early registration is encouraged.

Registration deadline: January 20, 2023.

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after January 20, 2023.

If Easterseals or speaker should need to cancel, course fees will be refunded or transferred to another course at the discretion of the participant.