



# Treating Towards Vertical and Functional Skills: A Multi-Framework Approach for Gait and Daily Activities

Presented by:

Lezlie Adler, OTR/L, C/NDT & Jane Styer-Acevedo, PT, DPT, C/NDT



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## Dates & Location:

**Thursday, September 14th  
through  
Friday, September 15th,  
2017  
at  
Easter Seals DuPage &  
Fox Valley  
830 S. Addison Ave.  
Villa Park, IL 60181**

## Course Description/Target Audience:

This 2-day introductory to intermediate level course is designed for physical and occupational therapists treating children with neurological challenges whose functional goals require attaining and maintaining vertical. This includes the ability to acquire stance, vertical mobility, and daily living activities that occur in vertical. Current philosophy and principles of posture and movement, sensation, and cognition will be presented as it relates to treatment of gait and acquisition of skills in vertical. Experiential labs will be used to facilitate one another through movement transitions and to learn handling techniques for the treatment of function in vertical. Critical thinking will be emphasized in task analysis and problem-solving opportunities via case studies and experiential lab.

## Learning Objectives:

- At the conclusion of this workshop, participants will be able to:
- Use task analysis to identify the postural & mobility, sensory and cognitive/perceptual requirements for gait and skill use in vertical activities.
  - Identify the biomechanical alignment that is most energy efficient in the acquisition of vertical via slides and video.
  - Identify at least 5 aspects of the typical acquisition of coming to vertical, stance, and gait.
  - Compare and contrast the postural and mobility components required for functional use of arms and legs in vertical between the typically developing child and the child with neuromotor challenges, with applications to function.
  - Facilitate at least 15 treatment techniques required in movement transitions and functional skill in vertical that are appropriate for a variety of children with neuromotor challenge on another adult in lab.
  - List activities of daily routines that will inspire carry-over in the home and school environment.

## About the Speakers:

**Lezlie Adler, MA, OTR, FMOTA, C/NDT**

is an internationally recognized and respected clinician and consultant with extensive and broad experience in medical, educational and community based settings. As a pediatric occupational therapist in schools, hospitals, outpatient clinics, homes, community organization and nursing homes for children, she offers a unique approach which can be practically and successfully applied in all settings. She is an enthusiastic presenter who offers insightful information beneficial to the entire team. Since 1976 she has conducted over 400 seminars throughout the United States, Europe, Asia, Australia, New Zealand, North America, South America, Central America, Canada and the United American Emeritus on a large variety of topics related to children and families, bringing her energy and passion regarding therapeutic strategies and functional treatment.



**Jane Styer-Acevedo, PT, DPT, C/NDT**

has been Adjunct Faculty at Arcadia University since 1991, teaching in the Physical Therapy Department and maintains a clinical practice, treating individuals through the lifespan with neurological challenges. She is a master clinician in the areas of pediatrics, neurology, and therapeutic aquatics and has been teaching continuing education workshops, nationally and internationally since 1983. Jane's scope of teaching includes aquatic and "land-based" courses in Australia, Europe, Asia, India, and North, Central, and South America. She is an Active Pediatric Coordinator Instructor for the Neuro-Developmental Treatment Association, Inc. and teaches continuing education of varying lengths related to the NDT Approach. Jane excels in the problem-based approach to promoting functional shifts for an individual through therapeutic intervention from the acute phase, through rehabilitation, and community entry or re-entry towards life long health and fitness.



## CONTACT INFO:

**Phone:** 630-620-4433

**Email:** ce@EasterSealsDFVR.org  
www.eastersealsdfvr.org/continuingeducation

## Course Schedule

### Day 1

- 8:00AM-8:30AM **Registration & Check-In**  
8:30 The Need For Attaining And Maintaining Vertical For Daily Routines
- Transitions (bed, toilet, bathing, transportation)
  - Personal Hygiene (washing hands and face, brushing teeth, combing hair)
  - Dressing (outer and underclothing, shoes and boots)
  - Leisure Time (sports, games)
- 10:30 **Break**  
10:45 Essentials of Posture and Movement, Sensation, and Cognition to Maintain Vertical  
Components of Gait: Stance and Swing
- 1:00 **Lunch**  
2:00 Experiential Lab for Daily Activities and Gait  
Coming to stance  
Maintaining stance  
Weight shifting in stance  
Facilitating gait  
**(15-minute break around 2:30PM)**
- 5:30 **End of Day**

### Day 2

- 8:00AM-8:30AM **Check-In**  
8:30 Task Analysis for Function in Vertical  
Experiential Lab  
**(15-minute break around 10:30AM)**
- 12:00 **Lunch**  
1:00 Case Presentations and Problem Solving
- Sit to Stand
  - Weight Shifting in Vertical
  - Gait
- (15-minute break around 2:30PM)**  
3:30 **End of Day**

## Continuing Education Credits

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

Early Intervention Credits will be applied for.

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.

**Occupational  
Therapy:**



**APPROVED PROVIDER of  
CONTINUING EDUCATION**  
by The American Occupational  
Therapy Association, Inc.

This course is offered with AOTA Classification Codes: Categories 1 & 2.



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## Registration Form

### **Online at [EasterSealsDFVR.org/ContinuingEducation](http://EasterSealsDFVR.org/ContinuingEducation)**

Please complete this form and mail with payment to:  
Easter Seals DuPage & Fox Valley  
Continuing Education Department  
830 South Addison Avenue  
Villa Park, IL 60181  
FAX: 630.620.1148

**Registration Fee: \$450**

**Early Bird Fee: \$435 on or before 8/14/17**

Name: \_\_\_\_\_

*This is how your name will be printed on the course completion certificate..*

Title/Position: \_\_\_\_\_

Organization: \_\_\_\_\_

Org. address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Business phone: \_\_\_\_\_

Home address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

For credit card payment, please complete:

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

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV: \_\_\_\_\_

Registration fee includes the conference, continental breakfast, and afternoon refreshments.

*Space is limited. Early registration is encouraged.*

Registration deadline: August 31st, 2017

Cancellations must be in writing and will incur a \$50 processing fee.

**VERTICAL 09.2017**

## OTHER INFORMATION

**MEALS:** Continental breakfast & afternoon refreshments will be provided. Lunch will be on your own or for a small fee you may purchase a deli style lunch.

**HOTEL RESERVATIONS:** A special rate at the Hyatt Place is available. Mention Easter Seals DuPage when booking. The hotel is at 2340 South Fountain Square Drive in Lombard and the phone number is 630.932.6501.

If you are interested in shuttle service to and from the conference site, please indicate this at the time you make your reservation.