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<tr>
<td>Single Registrant</td>
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*Registrations received 10 days prior to seminar date. 
**Price per person when registering at the same time.

I am registering and would like to order an audio set for $59 plus S&H $8US/$30CAN: □ audiotapes  □ CDs

Stroke Rehab: Impairment-Based Interventions for all Stages of Recovery #2217
Audio/manual package: $189 plus S&H $8US/$30CAN
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Continuing education available for Physical Therapists, Occupational Therapists and Nurses.

Stroke Rehab:
Impairment-Based Interventions for all Stages of Recovery

Learn to detect movement dysfunction in commonly seen impairments through video analysis and lab work
Develop a toolbox of effective treatments for commonly seen impairments through video analysis and lab work
Understand the impact of various impairments on function
Utilize the identified impairments to develop strategic, specific treatment interventions for any level stroke—from acute care through community re-entry impaired functional tasks following stroke

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Impairment-Based Stroke Intervention

Stroke is the leading cause of disability in America. Therapists play a vital role in reducing or even eliminating disability resulting from stroke. However, therapists are increasingly pressured to produce better outcomes in a shorter period of time, often with less staff support. The results are generic treatment plans, traditional supine therapeutic exercise prescription and range of motion or seated group activities. All of these fail to address the impairments keeping the patient from having success in functional life activities. To reduce disability, therapists must be able to improve functional mobility in activities such as transferring, walking, dressing and bathing through better assessment and treatment planning. For maximal recovery in stroke patients, you must be able to accurately determine each patient’s specific impairments that are limiting function. From this, you can develop precise, customized treatment plans which prioritize the impairments and reduce disability quickly and effectively.

In this one-day seminar, you will expand your intervention “toolbox” by learning to create effective treatments that directly reduce functional limitations for any level of stroke patient, from acute care to community re-entry. This will be accomplished without expensive equipment, time-consuming protocols or labor-intensive techniques. Normal movement requirements will be reviewed, which will better equip you to efficiently and accurately identify the impairments that are causing dysfunction. Treatment interventions will be developed based on motor control and learning principles aimed at integrating cognition, motor ability and the environment for maximal carryover to functional task performance. An extensive review of treatments to reduce commonly seen impairments will be accomplished through lab work, demonstration and video analysis and will be provided in written form for take-home use. Those with the largest “toolbox” of treatment interventions are best equipped to meet the needs of the patient and can do so independent of time restraints, staffing demands and equipment limitations. Expand your treatment toolbox in this fun, stimulating one-day course.

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Certified Occupational Therapy Assistants
- Registered Nurses
- Physicians
- Physician Assistants
What You Will Learn

- Identify normal movement requirements for basic functional tasks, including sit-stand, bed mobility, gait, steps, dressing and a variety of reaching tasks
- Utilize a framework for clinical problem solving from assessment through treatment
- Identify probable impairments causing movement dysfunction and recognize how to test each hypothesized impairment
- Recognize the impact of motor control and learning theories on treatment session development
- Implement appropriate treatment interventions for identified impairments
- Modify treatment interventions to maximize carryover of tasks and movement patterns into functional activities

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COURSE CONTENT

FRAMEWORK FOR CLINICAL DECISION MAKING
- Nagi model of disablement
- Importance of impairments
- Differences between single and multi-system impairment
- Hypothesize, test and prioritize potential impairments limiting function

NORMAL MOVEMENT—WITH LAB
- Commonly impaired functional tasks
  - transfers
  - gait
  - ADLs
- Range of motion requirements for normal movement
- Strength and motor control requirements for normal movement

COMMON IMPAIRMENTS/DYSFUNCTION FOLLOWING STROKE (WITH VIDEO ANALYSIS)
- Lateral weight shifts
- Limited quadriceps recruitment/sustained contractions
- Limited glute maximus/medius recruitment/sustained contractions
- Poor anterior weight translations in closed chain tasks
- Limited scapular stabilization
- Limited postural control

MOTOR CONTROL, MOTOR LEARNING PRINCIPLES AND TREATMENT APPLICATION
- Performance vs. learning
- Impact of feedback on learning
- Setting up practice sessions for maximal learning

DEVELOPING TREATMENT INTERVENTIONS FROM IDENTIFIED IMPAIRMENTS—LAB
- Creating interventions based on commonly seen impairments
- Progressing interventions for continued benefits
- Creating effective home exercise programs

Audio Products

Audio products include a comprehensive CD recording (audiotape available on request) and companion course manual. If you are registered to attend this seminar, you may order a set of tapes/CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure, or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Products in stock will typically ship within 5-7 business days. Call for availability.

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