

## REGISTRATION

**\$435 fee.** Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted until 2 weeks before course minus an administration fee of \$75.

**NO REFUNDS WITHIN 2 WEEKS OF COURSE.**

Please make check payable and return to:

### Education Resources, Inc.

266 Main St., Suite 12 • Medfield, MA 02052

(508) 359-6533 or 800-487-6530 (outside MA)

FAX (508) 359-2959 [www.educationresourcesinc.com](http://www.educationresourcesinc.com)

Enrollment is limited

### Postural Control/Diamond

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE(H) \_\_\_\_\_ PHONE(W) \_\_\_\_\_

PHONE(CELL) \_\_\_\_\_

Required for last minute schedule changes

EMAIL \_\_\_\_\_

Please clearly print your email address for course confirmation

EMPLOYER \_\_\_\_\_

DISCIPLINE \_\_\_\_\_ SPECIALTY \_\_\_\_\_

HOW DID YOU LEARN OF THIS COURSE \_\_\_\_\_

**ERI Rewards.** I am registering for my 4th course since January 2009 and applying \$100 credit to the tuition.

### Course Location:

**May/DC**    **Dec/LA**

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

I have read your refund policy above and understand.

Cardholder's name & billing address with zip code if different from above.

Amount to be charged \_\_\_\_\_

Signature \_\_\_\_\_

I hereby authorize you to charge my:  VISA    MC    DISCOVER

# \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV2 code \_\_\_\_\_

## FACULTY

**Monica Diamond, MS, PT**, is an active Neuro-Developmental Treatment Association Coordinator Instructor and International Bobath Instructors Training Association (IBITA) member with over 25 years experience teaching basic and advanced Neuro-Developmental Treatment Association approved courses for management of adult neuro patients. She has over 30 years experience treating adults with neurological diagnoses and continues her clinical practice at Sacred Heart Rehabilitation Institute at Columbia St. Mary's in Milwaukee, WI where she treats patients in the acute rehab program, the inpatient brain injury and coma programs, the OP neuro rehab program, and the brain injury day treatment program. She teaches NDT as an adjunct faculty member at several universities and presented her clinical research at APTA, NDTA Treatment Association and WCPT national and international conferences. Monica received her bachelors and masters degrees from the University of Wisconsin-Madison. *Disclosure: Financial: Monica Diamond receives a Speaking fee from Education Resources, Inc. Non-Financial: Monica Diamond is a committee member for NDTA.*

## CREDITS

This course meets the criteria for 14 contact hours (1.4 CEUs). The **DC, DE, GA, VA** Boards of PT accept other state board's approvals. Application has been made to the **MD** and **LA** Board of PT Examiners.

Approved provider by the **NY** State Board of Physical Therapy for 16.8 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

NBCOT professional development provider - 14 PDU's.

*This course meets the criteria for 14 hours towards NDTA re-certification*



Education Resources, Inc. is approved by the Board of Certification to offer 14 continuing education units for Certified Athletic Trainers.

Please contact us with any special needs requests.

[info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 508-359-6533

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[www.educationresourcesinc.com/blog](http://www.educationresourcesinc.com/blog)



## Postural Control for UE and LE Function

### NDT Approach, Motor Learning, Evidence Based Practice



**Monica Diamond  
PT, MS, NCS, C/NDT**

May 4-5, 2019 - Washington, DC

December 7-8, 2019 - Baton Rouge, LA

sponsored by

### Stay Tuned!

Your enhanced ERI experience is on its way!  
A new look and new interactive website,  
reflecting our tradition of excellence, and our  
commitment to you and your future!



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## COURSE DESCRIPTION

Postural control is essential for all function. Participants will enhance their skills in evaluating and treating the postural control problems of the individual with a neurological diagnosis (adolescents, adults, geriatrics). Participants will appreciate how adequate postural control lays the foundation for functional movement and will learn to assess the impact of inadequate control in their patients. Postural control requirements for functions such as moving in bed, performing activities and ADL's in sitting, and carrying out activities in standing and walking will be addressed. Participants will learn how to facilitate improved functional use of the arm and leg through effective assessment and treatment of postural control. Problem solving for individual patient needs will be discussed, demonstrated, and practiced. Lectures, labs and video case examples will ensure effective carryover from the seminar setting to the clinic.

## COURSE OBJECTIVES

By the end of the course, participants will be able to:

- Discuss the NDT Approach and its current theoretical basis in accordance with research on motor control and motor learning
- Assess postural control and the elements that contribute to effective postural control
- Discuss current evidence re: postural control deficits in individuals with neurological diagnoses
- Identify various system impairments that may be responsible for an individual's postural control deficits
- Demonstrate treatment strategies to improve an individual's postural control for specific activities, including functional use of the of the upper and lower extremity
- Integrate treatment of impaired postural control into an individualized treatment plan, and document it appropriately

## COURSE LOCATION

*Please visit our website for suggested accommodations*

May 4-5, 2019 - District of Columbia  
Medstar National Rehabilitation  
Washington, DC

December 7-8, 2019 - Louisiana  
Baton Rouge Medical Center  
Baton Rouge, LA

## SCHEDULE DAY ONE

- 7:30-8:00 Registration/Continental Breakfast
- 8:00-9:15 **Motor Learning, Motor Control and NDT: Principles, Philosophy and Scientific Basis of NDT**
- Using the NDT Model of Clinical Problem Solving
  - Justifying Treatment Decisions
- 9:15-10:00 **What is Postural Control and Why is it Important?**
- Postural Control for Function
  - Mobility / Stability Demands
  - Timing and Sequencing Demands
- 10:00-10:15 Break
- 10:15-12:00 **LAB: Evaluation and Facilitation of Essential Elements of Postural Control**
- What are the Postural Control Demands of Various Tasks?
  - Identification of Postural Control Problems
  - Postural Control: A Critical Prerequisite for Arm and Leg Function
- 12:00-1:00 Lunch (on your own)
- 1:00-2:00 **LAB: Postural Control in Sitting**
- Assessing and Treating the Faulty Base of Support
  - Re-education of Timing and Control for Dynamic Stability
  - Treatment Strategies in Sitting
  - Facilitating Functional Activities in Sitting Strategies for Managing the Effect of the UE on Postural Control
- 2:00-3:00 **LAB: Treatment Strategies for Leg Function**
- Developing LE Components in Sitting
  - Hip: Essential for UE/LE Control!
- 3:00-3:15 Break
- 3:15-5:00 **LAB: Sit to/from Standing and Transfers**
- Using the Sit to Stand Transition to Treat Almost Anything!

*Participants are encouraged to wear comfortable clothing to allow full participation in lab activities.*

## SUGGESTED AUDIENCE

PTs, PTAs, OTs, OTAs, Acute Care, Inpatient Rehab, OP, SNF, Home Care, Day Program, Athletic Trainers. This course is for neuropa-tients - ages adolescent through geriatric.

## SCHEDULE DAY TWO

- 7:30-8:00 Continental Breakfast
- 8:00-8:30 Postural Control: What Does the Evidence Say?
- 8:30-9:00 Documentation: Objective Measures and Justification for Treatment
- 9:00-12:00 **Lab: Bed Mobility and Transitions**
- Using Transitions to Assess and Treat Elements of Postural Control
- LAB: UE WB and NWB Activities**
- Strategies in WB and NWB
  - The Essential Interaction Between the Head, Arm, Trunk and Leg – Why Treatment of the UE is So Difficult
- 12:00-1:00 Lunch (on your own)
- 1:00-2:30 **Activities in Standing**
- Critical Prerequisites for Safe Function in Standing
  - Causes of Problems in Standing
  - Preventing and Treating Atypical Tone
- 2:30-2:45 Break
- 2:45-3:30 **LAB: Gait: Addressing the Postural Control Demands of Standing and Walking**
- Critical Components of Postural Control for Gait
  - Do Adjuncts and Assistive Devices Aid or Hinder Postural Control?
  - Treating the Arm to Improve Gait and Vice Versa
- 3:30-4:00 **Putting it All Together: Facilitation During ADL's and Function**
- Treating Postural Control and Movement to Achieve Function
  - Facilitating Through Transitions
  - Designing HEPs that Make a Difference
  - Setting Priorities for Treatment
  - Addressing Multiple Problems Simultaneously

*A 15 minute break will be included in the morning session*

## TESTIMONIAL

"This course provided a thorough overview of the fundamental strategies to be used in treatment sessions with my patients. The course is equally focused on OT & PT related material. Monica is a very professional presenter and extremely knowledgeable." - *Christina Sanford*

