

Functional Strengthening and Fitness Interventions for Children with Developmental Disabilities

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Faculty

Maria Fragala-Pinkham PT, DPT, DSc

is an outpatient physical therapist and Manager of Research and QI at Boston Children's Hospital. She has over 30 years of clinical experience working with children in a variety of settings including inpatient and outpatient hospital, early intervention, and schools. She also developed and directed community-based adapted sports and fitness programs for children including adaptive ice skating, hockey, baseball, soccer, and bike riding. She is one of the senior authors of the PEDI-CAT, a functional outcome measure for children with disabilities.

Disclosure: Financial: Maria Fragala-Pinkham receives an honorarium from Education Resources. Franciscan Children's, her previous employer has received reimbursement for her work on the PEDI-CAT from CreCare. Non-Financial: She has a professional relationship with CreCare.

Maggie O'Neil PT, PhD, MPH is a professor at Columbia University Irving Medical Center, Programs in PT. She conducts clinical research studies in physical activity and fitness for children and youth with cerebral palsy and other disabilities and chronic conditions. She works with an inter-professional team on funded projects to identify effective interventions and reliable and valid physical activity and fitness measures in pediatric disability. Maggie consults with pediatric physical therapists to design, implement and measure outcomes of interventions focused in these areas.

Disclosure: Financial: Maggie O'Neil receives an honorarium from Education Resources and Drexel University received reimbursement for her work on video game development. Non-Financial: She received no non-financial relationships to disclose.

About this Live Webinar

Designing effective intervention programs to improve strength, endurance and function in school-aged children aged 5-21 years with disabilities can be challenging. This course will help clinicians evaluate fitness and function, set realistic goals, prioritize treatment and implement successful programs for children with developmental disabilities such as cerebral palsy, genetic conditions, autism, and developmental coordination disorder. An evidence-based approach to outcome measures and intervention design including exercise prescription (frequency, intensity, duration and types) is presented to improve strength and function.

The course is a two-part webinar series. The webinar topics are: 1) Strength Training; 2) Outcome Measures; 3) Aerobic Capacity/Endurance Training; and 4) Interventions in Different Environments & Using Different Strategies. The webinar learning strategies consist of remote lecture and discussion, and video case 'labs' for demonstration and discussion on application of interventions and measures. Specific interventions included are progressive resistive exercises (weights and resistance bands), therapeutic exercises using moveable surfaces, treadmill training, aquatic exercise, yoga and active video games to promote fitness, physical activity, functional mobility and participation. Evidence on the effectiveness of existing community-based fitness programs and ideas for accessing existing programs or developing new programs will be discussed.

Objectives

- ① Incorporate evidence-based strategies into interventions to promote strength and endurance to maximize function in children with disabilities
- ② Integrate evidence from clinical and community-based strength and endurance programs to improve and sustain functional outcomes in children with disabilities
- ③ Utilize systematic and objective measures to document changes in function, strength and endurance at impairment, activity, and participation levels
- ④ Identify clinical and community-based programs that provide evidence to support function, strength and endurance in children with disabilities

Help your patients achieve better outcomes.

Schedule – Day 1 8:40 am - 5:00 pm EST (US)

Maggie O'Neil

8:40-9:00	Webinar Registration/Zoom Course Opens
9:00-9:15	Pre-questions & Introduction
9:15-9:30	Components of Fitness
9:30-10:00	FITT principles and evidence on strength training for children with disabilities
10:00-10:15	Break
10:15-11:00	Designing strengthening programs (muscular endurance, power)
11:00-12:00	Strength training activities using resistance band, weights, moveable surfaces
12:00-12:30	Lunch
12:30-1:30	VIDEO CASES and Discussion: Strength training
1:30-2:45	Fitness Measures Using the ICF Model: <i>Impairments:</i> (strength/power/endurance)
2:45-3:00	Break
3:00-4:00	<i>Activity:</i> Physical activity & functional mobility <i>Participation:</i> home, school, community
4:00-5:00	Measurement CASES (break out rooms) and Discussion

"This was the most useful and relevant pediatric course I have ever taken."
-Carol Rickaby, PT

"This conference was great! We are using the course materials to develop competencies for our department and also have updated what we use for clinical outcome measures for our outpatient population."
- Angela Allan, OT

Schedule – Day 2 8:40 am - 5:00 pm EST (US)

Maria Fragala-Pinkham & Maggie O'Neil

8:40-9:00	Webinar Registration/Zoom Course Opens
9:00-9:30	Evidence on improving aerobic capacity and functional endurance in children with disabilities
9:30-10:00	Designing Endurance Programs
10:00-11:00	Designing Treadmill-Training Interventions
11:00-11:15	Break
11:15-12:15	Video-gaming in clinic or home exercise programs to promote physical activity
12:15-12:45	Lunch
12:45-1:45	Designing Aquatic Exercise Interventions
1:45-2:45	Designing yoga interventions & cases
2:45-3:00	Break
3:00-4:00	Community-based programs for strength and endurance
4:00-4:30	Promoting adherence to fitness interventions
4:30-5:00	Post-questions/Discussion

Audience

Designed for PTs and PTAs working with children with developmental disabilities such as cerebral palsy, genetic conditions, autism, developmental coordination disorder, and spina bifida. For those with experience, the course offers updated EBP recommendations when designing or choosing intervention strategies and outcome measures.

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Credits

This course meets the criteria for 14 contact hours (1.4) CEUs, Intermediate Level.



Education Resources Inc. is an AOTA Approved Provider of professional development. Provider #3043. This Distance Learning-Interactive course is offered at 10.5 contact hours 1.05 CEUs. Intermediate level, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.

NBCOT professional development provider – 14 PDUs.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker 16.5 - hours.

This course meets the approval of the **TX** Board of OT Examiners.

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Application has been approved by the **NJ** Board of Physical Therapy Examiners.

Application has been approved by **OK** and **NV** Boards of Physical Therapy. Application has been made to the **FL** Physical Therapy Association for 16.5 continuing education contact hours.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 16.5 contact hours. Approved provider by the **NY** State Board of Physical Therapy for 16.8 contact hours (1.68 CEUs).

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, KY** and **TX**.

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The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: **AL, CO, CT, IA, MA, ME, MT, NE, ND, NH, SD, WA**.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Please contact us with any special needs requests:

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Webinar Dates and Times – 2021

September 18 and 19, 2021

8:40 am EST • 7:40 am CST • 6:40 am MST • 5:40 am PST (US)

Registration is for both sessions. Log-in instructions and course materials will be



\$369 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14 day deadline. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

Webinar: Functional Strengthening and Fitness Interventions/Fragala-Pinkham, O'Neil
 September 18 and 19, 2021

Course Registration Form

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