

# Baby Steps:

## A Building Ambulation Interventions for Infants and Young Children with Posture and Movement Dysfunction

Jan McElroy, PhD, PT, PCS



### Faculty

Jan McElroy has over 40 years of pediatric experience with the 0-3-year population in a wide range of settings including NICU, acute care, Early Intervention, outpatient, and inpatient rehabilitation. Jan graduated from the School of Physical Therapy at the University of Missouri and owns a private pediatric PT practice in Columbia, Missouri. Her teaching experience includes clinical, classroom, and continuing education settings. She served as the primary physical therapy faculty on the TIPS for KIDS grant at the University of Missouri for 20 years. Her national continuing education short courses focus on baby treatment, treatment of infants born preterm, serial casting and temporary foot supports, and gait. Jan has assisted with numerous NDTA courses including 8-week pediatric and 3-week advanced baby courses. Jan completed her PhD program in Pediatric Science at Rocky Mountain University of Health Professions. She is conducting research in lower extremity movement patterns in infants born full term and preterm, baby treatment, and gait.

Disclosure: Financial: Jan McElroy receives an honorarium from Education Resources, Inc. for this course. Non-Financial: She has no non-financial relationships to disclose.

### About this Course

How do you maximize your time and target gait in your interventions with infants and toddlers? This course will focus on pre and early ambulation in a population that is predisposed to rapid and dramatic changes: the birth to three population. We will examine typical and atypical ambulation development in infants/toddlers and determine how best to incorporate therapeutic activities into their natural environment and routines. The impact of biomechanics, the neuromuscular system, and orthotics will be integrated as participants learn to build intervention strategies to address ambulation early and effectively in infants and toddlers with diagnoses such as CP, developmental delay, prematurity, and Down syndrome.

### Objectives

- ① Recognize and mediate adverse influences of the biomechanical, neuromuscular, and other body systems (respiratory, visual, GI, etc.) on the development of ambulation in infants and toddlers
- ② Develop and use pre-ambulation interventions to build the capacity for ambulation and teach families/ caregivers to incorporate into the child's daily routine
- ③ Examine evidence-based intervention supports such as handling, treadmill, taping, and dynamic garments
- ④ Compare benefits to disadvantages of orthotic use by implementing current evidence in selecting and progressing orthotics to enhance functional early ambulation and preserve the quality of later ambulation

### Audience

This course is designed for PTs, PTAs, OTs and OTAs to address the needs of infants and toddlers often serviced in birth to three programs. Content applies to children who are developmentally functioning at a 0-3 age.

Help your patients achieve better outcomes.

## Schedule – Day 1

<b>8:00-8:30</b>	Registration/Continental Breakfast
<b>8:30-10:45</b>	Elements of gait and comparison of early steps to 3-year gait
<b>10:45-12:00</b>	<b>LAB:</b> Gait components and changes
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-3:00</b>	<b>LAB:</b> Gait components and changes (continued)
<b>3:00-4:00</b>	Pre-gait preparation: <b>strategies from birth to 12 months and for the foot, knee and hip</b>
<b>4:00-5:00</b>	<b>LAB:</b> Introduction to Handling

## Schedule – Day 2

<b>7:30-8:00</b>	Continental Breakfast
<b>8:00-9:00</b>	Pre-gait preparation continued
<b>9:00-10:00</b>	<b>LAB:</b> Pre-gait techniques
<b>10:00-12:00</b>	Impact of systems: gastrointestinal, cardio-pulmonary, visual
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-3:15</b>	Musculoskeletal system: implications of skeletal development in the hip, knee and foot
<b>3:15-4:00</b>	Orthotics and equipment, treatment adjuncts, tone management, clinical gait measures
<b>4:00-5:00</b>	<b>LAB:</b> Handling skills

## Schedule – Day 3

<b>7:30-8:00</b>	Continental Breakfast
<b>8:00-12:00</b>	<b>LAB:</b> Assessment, and intervention for atypical gait in infant development by diagnosis
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-2:30</b>	<b>LAB:</b> Assessment, and intervention for atypical gait in infant development by diagnosis (continued)
<b>2:30-4:00</b>	Clinical problem solving

\*Two 15-minute breaks will be scheduled each day

## Follow us on Social Media

We invite you to share your ideas with us, post a clinical challenge you are currently facing, or share a great therapy tip with your colleagues. Please visit us on Facebook, LinkedIn and our blog.



"Jan's course was absolutely amazing! This course is applicable for all pediatric PTs in all settings. She really provides a thorough explanation of gait and how movement in all positions affects gait. I highly recommend this course!"

-B. Shain, PT

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## Credits

This course meets the criteria for 21 contact hours (2.1 CEUs). ERI is an approved agency by the Physical Therapy Board of **CA**. Application has been made to the **MN** Board of Physical Therapy. The **AZ** and **WI** Boards of Physical Therapy recognizes other state board's approvals. This course satisfies CE Requirements in **IA**. **TX** Physical Therapy Association accredited provider.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 21 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.

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

NBCOT professional development provider - 21 PDUs.

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

## Locations and Dates - 2020

<b>May 15-17</b>	Irvine, CA	UCP of Orange County
<b>June 12-14</b>	San Antonio, TX	Methodist Hospital
<b>Oct 2-4</b>	Minneapolis, MN	Children's Hospitals and Clinics of Minnesota

"I've been a therapist for 14 years and this is the **BEST CE** course I have taken! I am leaving with exciting information to apply to my patients.

**Wish it could have been 1-2 days longer!"** – K. Stanzel, PT



\$625 fee. Group rate (\$600) 3 or more, must be made together. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

**Baby Steps/McElroy**  
☐ May/CA   ☐ June/TX   ☐ Oct/MN

### Course Registration Form

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

Discipline: \_\_\_\_\_ Specialty: \_\_\_\_\_

How did you learn of this course \_\_\_\_\_

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.

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