

Functional Strengthening and Fitness Interventions for Children with Developmental Disabilities



Maggie O'Neil PT, PhD, MPH

Faculty

Maggie O'Neil PT, PhD, MPH, practiced in pediatric physical therapy full-time for 12 years before earning her MPH in Maternal & Child Health and her PhD in pediatric physical therapy. She is an associate professor in physical therapy and public health at Drexel University. She teaches content in pediatric physical therapy and health promotion. She consults to pediatric physical therapists and she designs, implements, and evaluates community based programs to increase physical activity and health outcomes for children who are typically developing, those who are overweight or obese and those with disabilities. Dr. O'Neil conducts workshops throughout the United States and is an advocate for family and children's health and rehabilitation services on local and national levels.

Disclosure: Financial: Maggie O'Neil receives an honorarium from Education Resources, Inc. and received reimbursement from Drexel University for her work on video game development. Non-Financial: She has 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)

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)

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 14 contact hours (1.4 CEUs). Intermediate level, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 14 units.

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

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

Application has been made to the FL Physical Therapy Association for 16.5 continuing education contact hours. Application has been made to the MD State Board of Physical Therapy Examiners. Application has been made to the MN Board of Physical Therapy. Application has been made to the NJ Board of Physical Therapy Examiners.

Application has been made to the OK Board of Medical Licensure and Supervision for Physical Therapy.

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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 – 2022

August 5 and 6, 2022

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 emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



\$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 for Children with Developmental Disabilities/Maggie O'Neil
☐ August 5 and 6, 2022

Course Registration Form

Name: _____

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Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.

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