

Functional Strengthening and Fitness Interventions for Children with Developmental Disabilities

Maggie O'Neil PT, PhD, MPH



Faculty

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 to examine effectiveness of activity-based interventions that use technology (virtual reality) and to establish 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 Inc. Non-Financial: She is co-founder of enAbleGames LLC.

Acknowledgement:

Maria Fragala-Pinkham PT, DPT, DSc is co-author of this webinar. She will not present this year. Maria is an outpatient physical therapist and Manager of Research and QI at Boston Children's Hospital. She has over 30 years of clinical experience with children in a variety of settings (inpatient, outpatient, hospital, early intervention, and schools). She developed and directed community-based adapted sports and fitness programs for children (adaptive ice skating, hockey, baseball, soccer, and bike riding). She is a senior author of the PEDI-CAT, a functional outcome measure for children with disabilities.

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

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 is used to inform intervention design including exercise prescription (frequency, intensity, duration and types) to improve strength and function. A review of evidence-based outcome measures is provided to examine intervention effectiveness.

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) Using Different Intervention Strategies in Different Environments. The webinar learning strategies consist of remote lecture and discussion, and video case 'labs' for demonstration and discussion in implementing 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 Use evidence-based interventions for strength and endurance to maximize function in children with disabilities
- ② Integrate evidence from clinical and community-based strength and endurance programs to improve/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)

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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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, 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.

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Webinar Dates and Times – 2022

October 22 and 23, 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.



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Webinar: Functional Strengthening and Fitness Interventions/Maggie O'Neil
☐ October 22 and 23, 2022

Course Registration Form

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