



Getting Ready to Stand and Walk

NDT Workshop in the Management of Adults
with Stroke, Brain Injury and Other Neuro-motor Disorders

Saturday November 26, 2022

Workshop Description: This one-day workshop will present NDT principles related to preparation for and treating in function during standing and walking. The course will provide an opportunity for analysis of biomechanics and components of typical gait and the assessment of movement dysfunction in standing, and walking in clients with neurological deficits post CVA or brain injury.

Objectives:

Upon completion of this workshop the participants will be able to:

- Identify components of normal gait
- Demonstrate basic skill in analyzing atypical components of trunk and lower extremity function, frequently associated with conditions of neurological dysfunction, during standing and in gait
- Demonstrate basic handling skills to enhance patient's movement as related to his/her functional goals during standing and walking

Instructor: Karen Guha, PT, C/NDT, NDTA™ Coordinator Instructor, CIDN

Karen is a physiotherapist at Grand River Hospital and Back Works Spinal & Sports Rehabilitation. She received her Physical Therapy degree from the University of Toronto in 1996 and became NDT trained in 1999. Karen became a NDTA™ PT Instructor in 2007, a NDTA™ Coordinator Instructor in 2011, and a NDTA™ Advanced Course Instructor in 2014. She has over 25 years' experience working with adults with neurological impairments in acute, rehabilitation and outpatient settings. Karen has taught NDT courses throughout North America and internationally.

Format: Workshop format will include lectures and lab sessions. During lab sessions, participants will have the opportunity to analyze normal movements and practice handling skills to facilitate the recovery of lower extremity motor control and gait re-education.

Requirements: Participants must be a registered Physical Therapist, Occupational Therapist, Therapy Assistant or Registered Kinesiologist who work with individuals who have suffered from stroke, brain injury or other neuro-motor disorders.

Participants must be fully vaccinated for Covid19 and provide proof of vaccination with registration.

Location: Back Works Spinal & Sports Rehabilitation, 2415 University Ave E, Waterloo, Ontario, N2K 0H5

Tuition: \$275.00 + HST (\$310.75 Canadian)

Accepted forms of payment include Visa, Mastercard or cheque payable to Back Works Spinal and Sports Rehabilitation. Tuition includes course materials; lunch is not included. Registration is accepted on a first-come first served basis, so register early to ensure a spot in the course.

Accommodation: If you require accommodations, we have a corporate rate at the [Best Western Plus](#) on King St in Waterloo, which includes breakfast parking. To make a reservation call [\(519\) 884-0100](tel:519-884-0100) and mention "Back Works" to receive this rate. *We recommend securing accommodation early as local festivals, events and trade shows can result in hotels being booked.*





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Please complete the following information legibly and send with payment and proof of Covid vaccination. Participants are not considered registered until payment is received.

E-mail to courses@backworksphysiotherapy.ca or fax to (519) 746-8346, or mail cheque to:

Back Works Spinal and Sports Rehabilitation
2415 University Ave E, Suite 101
Waterloo, ON N2K 0H5

Name and credentials as you would like them to appear on your certificate:

Name: _____ Credentials: _____

City: _____ Phone: _____

E-mail: _____ Profession: _____

Tuition: \$275.00 + HST (\$310.75)

Payment Options:

- Cheque payable to Back Works Spinal and Sports Rehabilitation
- Mastercard
- Visa
- E-transfer to courses@backworksphysiotherapy.ca
(Please confirm space in course before transferring funds)

Name as it appears on credit card: _____

Credit Card Number: _____

Expiration: _____ Security Code (3 digits): _____

Cancellation Policy

Cancellations must be received in writing; all refunds and deferments are subject to an administrative fee. After **November 11**, and in the event that a replacement cannot be found, no refunds will be granted.

