



NDT INTRODUCTORY COURSE IN THE MANAGEMENT OF ADULTS WITH
STROKE, BRAIN INJURY AND OTHER NEUROMOTOR DISORDERS
OCT 1 – 2, 2022

Course description:

This two-day introductory level course provides a unique opportunity for health care professionals to gain insight into the basic principles of the NDT approach and how it is applied to clinical practice to promote recovery of function in individuals with neurological impairments. Current theoretical foundations and evidence supporting an NDT approach will be presented as well as specific and practical information about the management of the adult neurological patient. The overall objective of this course is to enable participants to bring information back to their facility and apply it toward promoting more functional movement and achieving functional outcomes with their patients.

Course Learning Objectives

Upon completion of the course the participants will:

- State the basic philosophy underlying the NDT approach to the treatment of adults with neurological dysfunction
- Demonstrate basic skill in analyzing movement, both normal and abnormal, during sitting and standing activities and some transitions
- Identify major impairments interfering with normal movement and function in the adult with stroke, brain injury and other neuromotor disorders such as incomplete spinal cord injury.
- Demonstrate basic handling skills to enhance patient's functional movement as related to his/her functional goals
- Demonstrate an increased repertoire of evaluation and treatment strategies for the individual with stroke, brain injury and other neuromotor disorders.

Instructor: Karen Guha, PT, BScPT, C/NDT, CIDN, NDTA C/I

Karen Guha is a registered physical therapist who graduated from the University of Toronto in 1996 with a BSc PT. Karen worked in the United States for 3 ½ years treating individuals with neurological diagnoses in both the inpatient and outpatient settings. She returned to Canada in 2000 and began working at Grand River Hospital (GRH), Kitchener, Ontario. Karen worked on the acute stroke unit, inpatient and outpatient neuro rehabilitation settings at GRH. She presently works in the outpatient Neuro Rehabilitation Clinic at GRH treating individuals who suffer from stroke, acquired brain injury, spinal cord injury and other neurological diagnoses. In addition, she works with individuals privately in their home or community and at Back Works Spinal and Sports Rehabilitation, Waterloo, Ontario. Karen has over 20 years' experience working with individuals with neurological impairments.

Karen began her NDT training in 1998 by completing her Certificate Course (for adults with hemiplegia), and has since taken several advance level courses. In 2002 Karen became an Instructor Candidate and began assisting on various NDT courses. Karen became a NDTA PT instructor in 2007 and a NDTA Coordinator Instructor in 2011.

Karen is also qualified to teach NDT Advanced courses. She has taught NDT courses in Canada, the United States and internationally. Karen became certified in Integrated Dry Needling in 2017.

Course Format: Course format will include lectures and a patient demonstration by an instructor. A major portion of the course will involve laboratory practice sessions. During lab sessions, participants will have the opportunity to analyze normal movement and practice handling skills to facilitate functional movement patterns in normal adults during sitting/standing activities and transitions.

Tuition: The fee for this 2-day course is **\$475.00 + HST (\$536.75 CAD)**. Accepted forms of payment include cheque, credit card or e-transfer. Tuition includes course materials. Lunch is not included. Registration is accepted on a first-come first served basis.





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Requirements: Participants must be a Physical Therapist, Occupational Therapist, Speech Language Pathologist, Therapy/Rehab Assistant or Kinesiologist.
Participants must also be fully vaccinated for Covid19 and provide proof of vaccination as part of registration package.

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

Accommodation: If you require accommodations, we have a corporate rate at the [Best Western Plus](#) on King St in Waterloo. To make a reservation call [\(519\) 884-0100](tel:5198840100) and mention “Back Works” to receive the rate (rate not confirmed at time of producing registration form).

We recommend securing accommodation early as local festivals; events and trade shows can result in hotels being booked.

Registration Information

Please complete the following information legibly and mail, fax or e-mail it back with payment. Participants are not considered registered until payment is received. Confirmation and receipts will be sent via email.

E-mail to reception@backworksphysiotherapy.ca or fax to (519) 746-8346 or mail with 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 it to appear on your certificate:

Name: _____ Credentials: _____
City: _____ Phone: _____
E-mail: _____ Profession: _____

I have provided proof of full vaccination for Covid-19 with my registration form

Payment Options – Fee \$536.75 CAD

- Cheque payable to Back Works Spinal and Sports Rehabilitation
- Visa
- Mastercard
- e-Transfer to reception@backworksphysiotherapy.ca (Please confirm space in course prior to e-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 and all refunds are subject to a 10% administrative fee.
*After **Sept. 16, 2022**, no refund will be issued unless a replacement participant is arranged.*

