



Developing Support and Reach in the UE: A Virtual NDT Workshop

Sun Oct 22, 2023
9:00am – 3:30pm

Workshop Description

Many individuals who suffer from a neurological injury post CVA or brain injury have limitations in using their affected upper extremity in function. Recovery of function in the affected upper extremity is a goal for both patients and therapists. Research demonstrates the need for practice using the affected upper extremity to drive recovery, and that practice needs to occur in and outside of therapy. As therapists we face challenges in how to activate and progress the affected upper extremity to drive these practice opportunities and improve function.

This one-day virtual workshop will present NDT principles related to coordinated movements of the trunk and upper extremity for active support and for developing reach. We will explore the research related to the recovery of the upper extremity post-stroke and brain injury and how we incorporate this research into clinical practice. The workshop will provide an opportunity for analysis of the role of the upper extremity in function and the assessment of movement dysfunction in the upper extremity. Various treatment strategies will be explored to facilitate active support and progress an upper extremity for reach. It will include problem solving sessions to explore ideas on how to drive activation in the upper extremity. The workshop will contain didactic information, problem solving sessions, detailed lab information with handouts, and videos to watch.

This is a virtual course via zoom, with live interaction with the instructor.

Workshop Objectives

Upon completion of this virtual workshop, participants will:

1. Understand the principles of NDTA™ Contemporary Practice Model to the treatment of adults with neurological impairments and particularly as applied to management of the upper extremity in an individual post stroke or brain injury
2. Identify major impairments that interfere with developing upper extremity function in an individual post stroke or brain injury
3. Explore treatment strategies to address impairments and develop support and reach functions in the more involved upper extremity

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

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 25 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.

Requirements:

Participants must be a registered Physical Therapist, Occupational Therapist, Therapy Assistant or Registered Kinesiologist who work with individuals who have suffered from stroke or brain injury. You will need to have access to Zoom.

Tuition: The fee for this 1-day virtual course is **\$200.00, plus HST (\$226.00 CAD)**. Accepted forms of payment include Visa, Mastercard, cheque or e-transfer. Tuition includes course materials. Registration is accepted on a first-come first served basis, so register early to ensure a spot in the course.





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

E-mail to reception@backworkspphysiotherapy.ca or fax to (519) 746-8346 or mail cheque to
Back Works Spinal & Sports Rehabilitation
2415 University Ave E, Suite 101
Waterloo, Ontario N2K 0H5

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

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

Tuition: \$200.00, plus HST (\$226.00 CAD)

Payment Option:

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

Name on credit card: _____

Credit Card Number: _____

Expiration: _____ Security Code (3 digits): _____

Cancellation Policy

Cancellations must be received in writing, and all refunds and deferments are subject to an administrative fee.
After **Oct. 13, 2023**, and in the event that a replacement cannot be found, no refunds will be granted.

