



NDTA™ Approved Advanced Upper Extremity Course

April 21 – 23 & May 6 – 7, 2023

This five-day advanced course is designed for physical and occupational therapists who are interested in further developing their assessment and treatment skills to enhance the client/patient's upper extremity function. Analysis of functional tasks, specifically the movement components that contribute to a person's independent performance of reach, grasp, carry and manipulative tasks will be addressed. Therapists will have an opportunity to revisit typical upper extremity biomechanical components, discuss and analyze common impairments of the upper extremity and learn potential treatment strategies to diminish the impact of atypical compensations on the client/patient's ability to function and participate in daily life routines. The content will be covered through lecture, lab sessions, patient treatment and patient demonstrations by instructors.

Course Objectives:

Upon completion of the course, participants will be able to:

- Evaluate typical motions of the upper extremity
- Identify biomechanical and kinesiological components of the upper extremity
- Observe, analyze and evaluate effective and ineffective posture and movement and its impact on a client's functional abilities/limitations as it relates to upper extremity function
- Analyze atypical movement patterns and determine impairments that interfere with upper extremity function
- Construct effective treatment strategies that address the client/patient's primary impairments interfering with efficient use of the upper extremity during functional activities
- Design options for handling skills during treatment practicum to optimize the individual's function and enhance his/her ability to achieve client/patient specific goals

Instructors:

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

Karen is a physiotherapist at Grand River Hospital and Back Works Spinal and 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.

Sherry Rock, OT (Reg.) Ont., C/NDT, NDTA™ OT Instructor

Sherry Rock OT Reg. (Ont) is an occupational therapist working in an outpatient Neurorehabilitation Clinic in Ontario. She has 20 years of experience working with clients with stroke and other neurological diagnoses in both outpatient and inpatient settings. She completed her NDT Certificate course in 2005 and has taken numerous advanced NDT courses as well as various cognitive and perceptual courses. Sherry became an NDTA™ OT Instructor in 2018. She has taught on many introductory, intermediate and certificate NDTA™ courses as well as presented on topics related to cognition and perception at workshops in Ontario.

Rose Lesso, PT, C/NDT, NDTA™ PT Instructor

Rose Lesso is a registered physiotherapist who graduated from the University of Toronto MScPT program in 2008. Rose works at Toronto Rehab, University Health Network, in Toronto Canada on the inpatient Acquired Brain Injury program as a part-time physiotherapist and as the Practice Clinical Educator for PTs across Toronto Rehab. She also holds an appointment only status of Lecturer at the University of Toronto. Rose has over 13 years of experience working with clients with various neurological impairments. Rose began her NDT training in 2010 with completion of the Certification course, and has since completed several advanced courses. In 2022, Rose completed the process to become a NDTA™ PT Instructor.

Course Format: This course consists of lecture, handling lab sessions, patient treatment and patient demonstrations. Advanced patient handling skills will be developed inter-actively through problem-solving activities, patient treatment and handling labs with other participants. The instructors will provide feedback and direction to the course participants during patient treatment sessions.





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Requirements: Participants must be a registered Physical Therapist or Occupational Therapist who has successfully completed a NDTA™ Certificate Course. Participants must have one-year experience since successful completion of a NDTA™ Certificate Course.

Location: Back Works Spinal & Sports Rehabilitation, 2415 University Ave E, Waterloo, ON

TUITION FEES

NDTA Member	\$1400+ HST (\$1582.00 CAD)
Non-NDTA member	\$1700 + HST (\$1921.00 CAD)

Accepted forms of payment include Visa, Mastercard, cheque or e-transfer. Tuition includes course materials; lunch is not included. Registration is accepted on a first-come first served basis.

Accommodation

If you require accommodations, we have a corporate rate at the [Hampton Inn & Suites by Hilton Waterloo St. Jacobs](#)

Follow the link to book online: under “Special Rates – Corporate Account” input Corporate ID # **0003032721**

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

APPLICATION MUST INCLUDE THE FOLLOWING TO BE CONSIDERED COMPLETE:

- COPY OF CERTIFICATE FROM NDT/BOBATH CERTIFICATE COURSE**
- COPY OF CURRENT LICENSE** - You must submit a copy of your current professional license/registration with your application. If you do not hold a license in Ontario you will need to apply for temporary registration with the College of Physiotherapists of Ontario or the College of Occupational Therapists of Ontario.
- PROOF OF CURRENT MALPRACTICE INSURANCE** - You are required to hold malpractice liability insurance, which will cover you during your participation in the course. Please submit a copy with your application.
- PROOF OF NDTA MEMBERSHIP** - Please submit a copy of your NDTA membership to obtain the lower tuition rate
- TUITION** - Applications will not be accepted until tuition is paid





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Please complete the following information legibly and mail, fax or e-mail this form with payment. Confirmation and receipts will be sent via email.

Name _____ Credentials _____
(Name and credentials, as you would like them to appear on your certificate)

Address _____

Phone _____ Email _____

Occupation: Physiotherapist Occupational Therapist Present Employer _____

NDT/BOBATH CERTIFICATE COURSE INFORMATION

Name of Certificate Course	Date	Location	Instructor(s)
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TUITION

- NDTA Member **\$1400 + HST (\$1582.00 CAD)**
- Non-NDTA member **\$1700 + HST (\$1921.00 CAD)**

Payment Options: Cheque payable to Back Works Spinal & Sports Rehabilitation
 Visa
 Mastercard
 e-transfer to reception@backworksphysiotherapy.ca
(Please confirm spot prior to e-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 are subject to an administrative fee. After **April 6, 2023**, and in the event that a replacement cannot be found, no refunds will be granted.

RETURN APPLICATION NO LATER THAN **April 1, 2023** TO:

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

Email: reception@backworksphysiotherapy.ca
Phone: 519-746-8172 Fax: 519-746-8346

We reserve the right to cancel this course, if necessary. Full tuition will be reimbursed in the event of course cancellation.

