



CHALLENGES IN GAIT

NDT Workshop in the Management of Adults
with Stroke, Brain Injury and Other Neuromotor Disorders
Saturday June 17, 2023

Workshop Description

In order for individuals' post-stroke or brain injury to be truly independent when walking, they need to be challenged beyond forward walking. Functional gait includes being able to walk at different speeds, on different surfaces, changing directions, combining gait with other activities and negotiating stairs. Often this is difficult for many individuals who have suffered a neurological injury. This one-day workshop will present NDT principles related to preparation for and treating in function during standing and walking. This workshop will focus on strategies to facilitate the trunk, UE and LE with the goal of challenging individuals' post-stroke or brain injury in standing, during gait, and while performing various functional activities. These functional activities include forward and backward walking, turning, and stair climbing. The workshop will provide an opportunity for analysis of biomechanics and the assessment of movement dysfunction in an individual post-stroke or brain injury during these functional activities.

Objectives

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

1. Identify components of typical gait;
2. Demonstrate basic skill in analyzing atypical components of trunk, upper and lower extremity function, frequently associated with conditions of neurological dysfunction, during activities in standing, during gait and on the stairs;
3. Demonstrate basic handling skills to enhance patient's movement as related to his/her functional goals during standing, gait and on the stairs.

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

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 a short lecture and then practical hands-on lab sessions for the remainder of the day. During lab sessions, participants will have the opportunity to analyze typical movement and practice handling skills on their fellow participants. Participants will have the opportunity to problem solve how these handling skills will be modified and progressed to promote functional improvements in standing and during gait activities.

Workshop Hours: The workshop will run from 9:00am-3:30pm

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 neuromotor disorders. Some NDT experience is recommended.

Tuition: The fee for this 1-day course is **\$275.00 + HST (\$310.75 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.

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

Accommodations: We have a corporate rate at the [Hampton Inn and Suites by Hilton® Waterloo St Jacobs's](#) Under "Special Rates – Corporate Account" use **0003032721** -- prices will reflect discount.

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 arrange payment -- participants are not considered registered until payment is received.

E-mail to reception@backworksphysiotherapy.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 them to **appear on your certificate:**

Name: _____ Credentials: _____

City: _____ Phone: _____

E-mail: _____ Profession: _____

Tuition: \$275.00, plus HST (\$310.75 CAD)

Payment Options:

- Cheque payable to Back Works Spinal & Sports Rehabilitation
- Visa
- Mastercard
- E-transfer to reception@backworksphysiotherapy.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 **June 2**, and in the event that a replacement cannot be found, no refunds will be granted.

