



# 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 explore current NDT principles and handling skills to promote recovery in an individual post-stroke or brain injury who is lower functioning. As therapists we often struggle to determine where to start and how to progress an individual who requires more assistance. This workshop will include progression strategies in sitting, standing, and early gait. We will explore how to involve a second person (assist x 2) when working with the lower functioning individual. The workshop will provide participants with additional skills to enhance consistency in patient care and contribute to the overall team rehabilitation efforts of achieving functional outcomes for patients.

## **Objectives:**

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

- Understand current literature and apply this within the NDT Clinical Practice Model to treat the individual with neurological impairments
- Explore treatment strategies (assist of one and two) to address impairments within functional activities including activities in sitting, standing and early gait
- Demonstrate basic handling skills to enhance patient's movement as related to his/her functional goals during sitting, 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 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 when treating the individual who is lower functioning.

**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, cheque or e-transfer. 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 and 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](mailto:courses@backworksphysiotherapy.ca) or fax to (519) 746-8346, or mail cheque to:

Back Works Spinal & 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](mailto: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.

