



MANAGING THE “PUSHER”

AN NDT PERSPECTIVE ON MANAGING THE INDIVIDUAL WITH
CONTRAVERSIVE PUSHING TENDENCIES POST-STROKE

SAT. OCT. 28, 2023

9:00 AM – 3:30 PM

Workshop description:

This one-day workshop provides an opportunity for health care professionals to gain insight into managing the individual with contraversive pushing tendencies (“pusher syndrome”). The individual who suffers from a stroke and has “pushing” tendencies presents with unique impairments that challenges health care professionals. Patients that “push” have potential to make gains like our other non-pushing patients. We struggle in treatment because “pushers” not only have impairments like our non-pushing stroke patients but they also don’t use their “strong” side in a typical way. It is critical that we treat “pushers” as a team, often requiring a second therapist/therapy assistant to progress them in therapy. We will explore how to facilitate the affected/weak side as well as how the second person can inhibit the pushing tendencies.

This workshop will present current theoretical evidence and practical NDT skills for participants to use when working with the individual who “pushes”. 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.

Learning Objectives:

Upon completion of the course the participants will:

- Understand current literature and apply this within the NDT Clinical Practice Model to treat the individual with neurological impairments
- Explore treatment strategies (including using a second person to inhibit the “pushing”) to address impairments within functional activities including activities in sitting, standing and early gait.
- Demonstrate basic handling skills to enhance patient’s functional movement as related to his/her functional goals including activities in sitting, standing and gait.
- Demonstrate an increased repertoire of evaluation and treatment strategies for the individual with stroke who have “pushing” tendencies.

Instructor: Karen Guha, PT, BSc PT, C/NDT, 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 and a NDTA™ Coordinator Instructor in 2011. In 2017 Karen completed her certification in Integrated Dry Needling. Karen 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.

Course Format: This workshop will include a short lecture and then laboratory practical sessions for the remainder of the day. During lab sessions, participants will have the opportunity to analyze normal movement and practice handling skills to facilitate functional movement patterns in normal adults. Participants will have the opportunity to problem solve how these handling skills will be modified when treating the individual who has contraversive pushing tendencies.

Requirements: Participants must be a Physical Therapist, Occupational Therapist, Speech Language Pathologist, Therapy/Rehab Assistant or Kinesiologist.

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

Tuition: The fee for this 1-day course is **\$275.00, plus HST (\$310.75 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, 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: \$275.00, plus HST (\$310.75 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 deferrals are subject to an administrative fee. After **Oct. 20, 2023**, and in the event that a replacement cannot be found, no refunds will be granted.

If you require accommodations we have a corporate rate for the following 2 hotels - they are located beside each other near the St Jacob's Market in Waterloo. Under "Special Rates – Corporate Number" please use Corporate ID # 0003032721

[Hampton Inn & Suites](#) - 20% discount off their posted rates

[Homewood Suites Waterloo](#) - 15% discount off their posted rates

Homewood Suites typically is more expensive but it is worthwhile to check both as rates sometimes fluctuate for various reasons.

