



## NDT INTRODUCTORY COURSE IN THE MANAGEMENT OF ADULTS WITH STROKE, BRAIN INJURY AND OTHER NEUROMOTOR DISORDERS

SEPT 9 - 10, 2023

### Course description:

This two-day introductory level course provides a unique opportunity for health care professionals to gain insight into the basic principles of the NDT approach and how it is applied to clinical practice to promote recovery of function in individuals with neurological impairments. Current theoretical foundations and evidence supporting an NDT approach will be presented as well as specific and practical information about the management of the adult neurological patient. 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.

### Course Learning Objectives

Upon completion of the course the participants will:

- State the basic philosophy underlying the NDT approach to the treatment of adults with neurological dysfunction
- Demonstrate basic skill in analyzing movement, both normal and abnormal, during sitting and standing activities and some transitions
- Identify major impairments interfering with normal movement and function in the adult with stroke, brain injury and other neuromotor disorders such as incomplete spinal cord injury.
- Demonstrate basic handling skills to enhance patient's functional movement as related to his/her functional goals
- Demonstrate an increased repertoire of evaluation and treatment strategies for the individual with stroke, brain injury and other neuromotor disorders.

### 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.

**Course Format:** Course format will include lectures and a patient demonstration by an instructor. A major portion of the course will involve laboratory practice sessions. During lab sessions, participants will have the opportunity to analyze normal movement and practice handling skills to facilitate functional movement patterns in normal adults during sitting/standing activities and transitions.

**Tuition:** The fee for this 2-day course is **\$475.00 + HST (\$536.75 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.

**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 Suite 101, Waterloo, ON N2K 0H5

### Accommodations

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 may fluctuate for various reasons.

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





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**REGISTRATION INFORMATION**

Please complete the following information legibly and mail, fax or e-mail it back with payment. Participants are not considered registered until payment is received. Confirmation and receipts will be sent via email.

E-mail to [reception@backworksphysiotherapy.ca](mailto:reception@backworksphysiotherapy.ca) or fax to (519) 746-8346 or mail with cheque to:

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

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

Name: \_\_\_\_\_ Credentials: \_\_\_\_\_  
City: \_\_\_\_\_ Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_ Profession: \_\_\_\_\_

**Payment Options – Fee \$475.00 + HST (\$536.75 CAD)**

- Cheque payable to Back Works Spinal and Sports Rehabilitation
- Visa
- Mastercard
- e-Transfer to [reception@backworksphysiotherapy.ca](mailto:reception@backworksphysiotherapy.ca)

***(Please confirm space in course prior to e-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, and all refunds are subject to an administrative fee.  
***After Aug. 25, 2023, no refund will be issued unless a replacement participant is arranged.***

