



# TREATING THE INDIVIDUAL WITH ATAXIA USING AN NDT APPROACH

Saturday November 19, 2022

**Workshop Description:** This one-day workshop provides an opportunity for health care professionals to gain insight into treating the individual with ataxia. Treating the individual with ataxia can often be a very challenging experience for the clinician. Perhaps this is because we have focused on addressing the clinical symptoms rather than the underlying impairments. This workshop will explore primary impairments present in the individual with ataxia, current theoretical evidence and treatment strategies using a NDT approach. The overall objective of this workshop is to provide clinicians with knowledge and skills they can use in treating the individual with ataxia to promote positive functional outcomes.

## Course Learning Objectives

Upon completion of the course the participants will:

- Gain knowledge of the current literature and how we use this information within the NDT Practice Model in treating the individual with ataxia.
- Identify major impairments interfering with normal movement and function in the individual with ataxia.
- Demonstrate handling skills to address impairments in the individual with ataxia and work within functional activities including activities in sitting, standing and gait.
- Demonstrate an increased repertoire of evaluation and treatment strategies for the individual with ataxia.

## 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:** 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 with ataxia.

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

*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, ON N2K 0H5

**Tuition:** The fee for this 1-day course is **\$275.00 CAD, plus HST**. Accepted forms of payment include Visa, Mastercard or cheque payable to Back Works Spinal and Sports Rehabilitation. 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.





**TREATING THE INDIVIDUAL WITH ATAXIA  
USING AN NDT APPROACH  
Saturday November 19, 2022**

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@backworkspphysiotherapy.ca](mailto:courses@backworkspphysiotherapy.ca) or fax to (519) 746-8346 or mail cheque to

Back Works Spinal and 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 and Sports Rehabilitation
- Visa
- Mastercard
- E-transfer to [courses@backworkspphysiotherapy.ca](mailto:courses@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 **Nov 4**, and in the event that a replacement cannot be found, no refunds will be granted.

If you require accommodations, we have a corporate rate at the Best Western Plus, which includes breakfast and parking. To make a reservation call (519) 884-0100 and mention "Back Works" to receive our rate.

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

