Management of Upper Extremity Neurological Problems Using NDT

Course Schedule:
SATURDAY
7:45 AM  Registration
8:00  NDT Update: Merging Theory, Evidence, and Clinical Practice
  - Using the NDT Model of Clinical Problem Solving
  - Justifying Treatment Decisions
9:30  Break
9:45  Upper Extremity: Key Concepts and Critical Issues
  - What Goes Wrong? – Analysis of Problems that Limit UE Function
  - Postural Control: An Essential Component for Arm Function
10:45  Upper Extremity: Problems and Treatment Strategies – LAB
  - Assessment and Re-Education of Optimal Scapula and Gleno-Humeral Mobility and Timing
  - Integration of the Arm with the Head and Trunk
12:00  Lunch
1:00  Patient Demonstration / Problem Solving Session
2:00  Discussion of Patient Demo: Determining Key Problems and Designing Effective Treatment
2:30  Break
2:45  Upper Extremity: Problems and Treatment Strategies – LAB
  - Assessing Atypical Tone and its Causes
  - Subluxations and Interventions
  - Causes / Treatment of Shoulder Pain
Upper Extremity: Problems and Treatment Strategies – LAB
  - Treatment Strategies in Weight-Bearing and Non-Weight-Bearing:
    - What to do: How and When to Use Specific Strategies
    - What’s Critical? Determining Effectiveness
    - Progression of Treatment
    - Treating the Arm to improve Function in Standing and Gait
    - Enhancing Distal Control
5:00  Adjourn

SUNDAY
8:00  Facilitation during ADL’s and Function:
  - Assessment, Problem-Solving, and Treatment Strategies for Facilitation during Function
  - Suggestions for Optimal Patient Involvement
  - Designing HEP’s that Make a Difference
  - Differentiating OT and PT Functional Goals and Treatment Planning In Relation to the UE
  - Documenting UE Progress and Improved Function
9:00  Upper Extremity: Problems and Treatment Strategies – LAB
  - Treatment Strategies in Weight-Bearing and Non-Weight-Bearing: What to do: How and When to Use Specific Strategies
  - What’s Critical? Determining Effectiveness
  - Progression of Treatment
  - Treating the Arm to improve Function in Standing and Gait
  - Enhancing Distal Control
10:15  Break
10:30  Problem-Solving Related to Specific Problems
  - Use of Adjuncts to Enhance Goal Achievement – Using NDT Problem Solving to Make Decisions re: Use of Splints, Slings, Electrical Stimulation, Taping, etc.
  - Addressing Complex UE Issues
11:30  Prioritizing and Focusing: Short Term and Long Range Considerations
Noon  Conclusion