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| Course Schedule |
| **DAY 1**  7:30- 8:00 a.m. Registration  8:00-9:00 a.m.  Lecture: Biomechanical  considerations of the shoulder girdle  9:00-10:30 a.m. Lab: Understanding the  coordinated movement patterns  of UE in dynamic weightbearing 10:30-10:45 a.m. Break 10:45-12:15 p.m. Lab: Assess and Facilitate  the shoulder girdle 12:15-1:15 p.m. Lunch 1:15--3:30 p.m. Lab: Facilitation of the UE  from the scapula and humerus  for dynamic support during  scooting, reaching and sit to  squat activities **Day 2** 8:00-9:00 a.m. Lab: Releasing the fisted hand and maintaining it on a surface 9:00-10:30 a.m. Lab: Facilitating active shoulder flexion and elbow, wrist, and finger extension using an inclined surface10:30-10:45 a.m. Break10:45-12:15 p.m. Lab: Facilitation of the UE with hand on the wall for pre-reach 12:15-1:15 p.m. Lunch 1:15-2:45 p.m. Live Patient Assessment and  Treatment Demonstration 2:45-3:00 p.m. Conclusion |

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| [Recipient Name][Address][City, ST ZIP Code] |
| Louisiana Occupational Therapy AssociationP O Box 14806, Baton Rouge, LA 70898 |

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| LOTA PRESENTS:  |
| **Recovering Function in the Hemiplegic Upper Extremity** **Using NDT Handling Strategies****Presenter: Nicky Schmidt, PT, C/NDT****Earn 12 CEUs****Members $325 Non-Members $425****May 16th & 17th, 2015****West Jefferson Medical Center****Marrero, Louisiana****W** |
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| Speaker Biography |
| **Nicky Schmidt, P.T.** is a licensed Physical Therapist and consultant who received her Bachelor’s of Science Degree in Physical Therapy from Louisiana State University Medical Center in 1978. During her 36 years of clinical practice, she has worked as a neurological rehabilitation specialist in a broad spectrum of healthcare settings including acute care hospitals, short-term rehabilitation facilities, outpatient clinics, home health and private practice. Mrs. Schmidt was an Associate Clinical Professor at LSU Medical Center in the 1980’s and has been a Coordinator-Instructor for the North American Neuro-Developmental Treatment Association, Inc. since 1985. She is NDT certified in both pediatric and adult treatment, and she has taught post-graduate NDT introductory, basic and advanced neuro rehabilitation courses to healthcare professionals throughout the United States and Canada for over 28 years. She is a past board member and Chair of the NDTA Instructor Group. Currently, Nicky works part-time in private practice in the New Orleans area specializing in the treatment of both adult and pediatric clients who have suffered a stroke, brain injury, or other neurological lesions. Mrs. Schmidt is also co-founder of Women’s and Men’s Nutrition and Weight Control Centers of Louisiana. The center is an educational training facility for men and women that teaches individuals how to eat, exercise, and live healthy to decrease their risks for heart attack or stroke, a major cause of disability in Americans today. |

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| Course DescriptionThis two day course will focus on the assessment and treatment of neuro-motor system impairments that limit functional use of the arm and hand following a CVA or brain injury.  Lectures, laboratory practice and patient demonstrations will provide participants an opportunity to explore primary and secondary impairments restricting use of the upper extremity for active support and gross motor function during basic activities of daily life.  Participants will practice treatment strategies for improving alignment and functional range of motion of the shoulder girdle and hand while decreasing and preventing pain, subluxation, swelling, and contracture in patients with marked weakness or varying degrees of hypertonus.  Strategies for facilitating active isometric, eccentric and concentric motor control around the scapula-thoracic, gleno-humeral, elbow, wrist and finger joints will be practiced in both sitting and standing. The instructor will demonstrate clinical reasoning with NDT problem-solving principles and treatment interventions to assess and treat an actual patient with various motor dysfunction resulting from a brain lesion.  |
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| Course ObjectivesIn this course participants will apply NDT problem solving principles and treatment strategies to:1. Identify normal movement and postural control parameters that guide the therapist in identifying the patients’ primary neuro-motor impairments and developing treatment plans that can prevent secondary impairments that further limit function.
2. Determine when biomechanical restrictions interfere with function and practice strategies to improve biomechanical alignment and increase active muscle contraction for support and balance.
3. Learn and practice various treatment strategies that can assist patients with grading motor activity during the performance of various functional tasks so that they skillfully use the hand to actively stabilize objects while moving the upper limb and body without eliciting excessive muscle tone.
4. Learn and practice treatment strategies that can improve motor performance and facilitate active movement in the upper extremity in preparation for reach.
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| Contact UsLouisiana Occupational Therapy AssociationPO BOX 14806Baton Rouge, LA 70898225-291-2806http://lota.camp9.org/ |

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