



*Northwestern Illinois Association
Therapy Department
Presents*

Connecting the Upper and Lower Extremities to the Trunk

By

Kacy Hertz, PT-NDTA

Madonna Nash, OTR/L-NDTA

March 15, 2010

Course Description

Assessment and treatment of the trunk is essential for enhancing distal control – regardless of discipline. The focus of this course will be on the relationship between central control and distal function, postural control, assessment of these components and treatment strategies. A framework of biomechanics and biomechanical alignment of the trunk, spine and postural musculature will be linked to synergistic control of the upper and lower extremities. Movement analysis will be utilized to understand functional limitations and impairments in children with neuro-motor control problems. Treatment strategies will be presented in lab and case studies will be presented to understand the intervention process.

The participant will:

- Analyze and assess UE and LE impairments related to proximal control
- Select treatment strategies appropriate to child's impairments
- Learn and demonstrate specific treatment strategies to address issues of reduced mobility, strength, range of motion and graded control within the trunk
- Understand the importance of the use of adjuncts to support treatment outcomes

Schedule

8:30 am	Registration
9:00 am	Welcome/Intro
9:30 a.m.	Assessment/Why is the Postural System so important?
10:30 a.m.	Break
10:45 a.m.	Treatment of the Trunk/Abdominals, etc.
12:00 p.m.	Lunch
12:45 p.m.	Shoulder Girdle/UE Synergies
2:00 p.m.	Break
2:15 p.m.	Pelvic Girdle/LE Synergies
3:15 p.m.	Lab-Putting it all together!
4:00 p.m.	Adjourn

Instructors

Kacy Hertz, PT-NDTA Certified and Coordinator
Instructor

Madonna Nash, OTR/L-NDTA Certified and OT
Instructor

Kacy and Madonna have over 25 years of experience in pediatrics, working with children with neuromotor impairments. Together they own and manage City Kids, Inc., a private practice in Chicago. They teach NDT courses at City Kids, Inc. and throughout the United States.

LOCATION

Fox Valley Presbyterian Church
227 East Side Drive
Geneva, IL 60134

For more information contact: Jan Wahlbeck at (630) 513-6781, extension 302 or email at jwahlbeck@thenia.org.

Continuing Education Credit

6 Contact hours will be awarded to participants. The Northwestern Illinois Association is an approved Continuing Education Sponsor for Physical and Occupational Therapy through the State of Illinois and for teachers through the Illinois State Board of Education.

REGISTRATION

Connecting the Upper and Lower Extremities to the Trunk

Fee: \$95.00

Space is limited. You will receive confirmation by email. We do not accept purchase orders or credit cards.

Name: _____ Occupation: _____

E-Mail Address: _____

Home Phone: _____ Work Phone: _____

Address: _____

Special Needs Required: _____

Make checks payable to and mail registration to:

**Northwestern Illinois Association
Therapy Department
Attn: Jan Wahlbeck
2422 W. Main Street, Suite 3A
St. Charles IL 60175**