

THE NDT (BOBATH) APPROACH TO THE MANAGEMENT OF ADULT HEMIPLEGIA

ABOUT THE SPEAKER

Isabelle M. Bohman, received her B.S. in Physical Therapy from Northwestern University and her M.S. in Physical Therapy from the University of Illinois. She was Assistant Professor of Physical Therapy and acting Director of Physical Therapy at Washington University, St. Louis. She has extensive experience as a staff therapist as well as supervisory experience in acute care, rehabilitation and long term care facilities. She has in-depth training in therapeutic exercise and is certified in Neuro-Developmental (Bobath) Treatment. She studied and worked extensively with Berta and Karl Bobath and is an NDT Certified Coordinator Instructor in Adult Hemiplegia. She is a recipient of the Bobath Award of Excellence from the NDTA for outstanding contributions to the advancement of theory and practice in the Neuro-Developmental Treatment Approach.

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TOPIC INDEX

Disc 1 (Parts 1 & 2)

Introduction.....	14 min.
Neurological Concepts.....	43 min.
Developmental Concepts	17 min.
Areas of Function.....	18 min.
Components of Movement.....	29 min.
Total Time Disc 1 (2 hours 1 min.)	

Disc 2 (Parts 3 & 4)

Components of Movement.....	3 min.
Alignment and Movement	52 min.
Analyzing the Trunk	33 min.
a. Facilitating Anterior/Posterior Pelvic Tilt	15 min.
b. Facilitating Lateral Pelvic Tilt.....	10 min.
c. Facilitating Thoracic Extension & Flexion	4 min.
d. Movement Over the Base of Support	4 min.
Analyzing Function.....	9 min.
Facilitating Scooting	12 min.
Total Time Disc 2 (1 hour 49 min.)	

Disc 3 (Parts 5 & 6)

Principles of Movement.....	23 min.
Considerations in Management.....	20 min.
Problems in Patients.....	31 min.
Handling Skills.....	26 min.
Increasing Anterior Range in The Lumbar Spine	9 min.
Controlling Alignment While Increasing Lumbar Range.....	4 min.
Total Time Disc 3 (1 hour 53 min.)	

Disc 4 (Parts 7 & 8)

Controlling Alignment Cont.	2 min.
Increasing Lateral Range in The Trunk	11 min.
Facilitating Sit to Stand.....	11 min.
Facilitating Thoracic Extension	4 min.
Mobilizing the Scapula	10 min.
Analyzing Function.....	20 min.
Treatment Examples	20 min.
Positioning and Bed Mobility	40 min.
Total Time Disc 4 (1 hour 18 min.)	

Disc 5 (Part 9 & 10)

Positioning and Bed Mobility	31 min.
Treatment Demonstration	70 min.
Treatment Demo Discussion	17 min.
Total Time Disc 5 (1 hour 41min.)	

Total Viewing Time 8 hours 42 min.

Manual and Additional Handouts 3 hours 30 min.

12 Total Contact Hours / 1.2 CEUs