A Comprehensive Collection of Facilitation and Treatment Techniques in Adult Hemiplegia

About the Speaker

Isabelle M. Bohman MS, PT, 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.

Her experience included spanned staff therapist as well as supervisory experience in acute care, rehabilitation and long term care facilities. She completed in-depth training in therapeutic exercise and was certified in Neuro-Developmental Treatment. She studied and worked extensively with Berta and Karl Bobath and was an NDT Certified Coordinator Instructor in Adult Hemiplegia. She was awarded the Bobath Award of Excellence from the NDTA for outstanding contributions to the advancement of theory and practice in the Neuro-Developmental Treatment Approach.

A Comprehensive Collection of Facilitation and Treatment Techniques in Adult Hemiplegia

Topic Index

Part 1 Basic Components of Movement (30min)

Part 2 Alignment and Movement Lab (53 min)

Part 3 Patient Problems (26 min)

Part 4 Handling Skills (23 min)

Manual Page 4

Part 5 Trunk Mobilization (61 min)

Manual Pages 5-6

Part 6 Increasing Anterior Range of the Lumbar Spine (9 min)

Part 7 Correcting Alignment while Increasing Range of the Lumbar Spine (5 min)

Manual Pages 7-8

Part 8 Increasing Lateral Range of the Trunk (10min)

Manual Page 10

Part 9 Increasing Thoracic Extension (3 min)

Manual Pages 11-20

Part 10 Shoulder Girdle Mobilization (49 min)

Manual Pages 21-33

Part 11 Inhibition of the Hand (32 min)

Manual Pages 34-39

Part 12 Facilitating Movement Over the Base of Support (4 min)

Part 13 Facilitating an Upright Trunk from the Side (23 min)

Part 14 Facilitation an Upright Trunk from the Front (18 min)

Part 15 Facilitating Lateral Flexion from the Side (8 min)

Part 16 Facilitating Lateral Flexion from the Front (3 min)

Manual Pages 40-47

Part 17 Facilitating Scooting Forward (18 min)

Part 18 Facilitating Scooting Back (26 min)

Manual pages 48-61

Part 19 Incorporating Upper Extremity Weight Bearing in Sitting (34 min)

Part 20 Upper Extremity Weight Bearing on a Slanted Surface (11 min)

Part 21 Alignment and Treatment Ideas for the Upper Extremity (31 min)

Manual Pages 62-71

Part 22 Facilitating the Involved Leg (28 min)

Manual Pages 72-75

Part 23 Facilitating Sit to Stand and Stand to Sit (54 min)

Manual Pages 76-94

Part 24 Facilitating Standing Activities (33 min)

Manual Pages 95-98

Part 25 One-Man Transfer from Surface to Surface (35 min)

Manual Pages 99-110

Part 26 Components of Gait (38 min)

Part 27 Facilitating a Gait Sequence (65 min)

Part 28 Facilitating Walking (16 min)

Part 29 Inhibiting the "Pushing" (27 min)

Manual Pages 111-116

Part 30 Facilitating Stair Climbing (24 min)

Manual Pages 117-148

Part 31 Positioning and Bed Mobility (63 min)

Part 32 Physical Handling Treatment Demonstrations (65 min)

Part 33 Positioning and Bed Mobility Client Demonstrations (25 min)

Total Video Time: 16 contact Hours

Time Granted for Manual 1 Contact Hour

Total Hours Granted: 17 Contact Hours/ 1.7 CEUs/ 21.25 PDUs

Contact Hour Conversion

1 contact (clock) hour is equivalent to .1 CEUs (Standardized by the Federal Task Force on Continuing Education and the International Association for Continuing Education and Training. All national therapy associations and license boards follow this conversion.)

1 contact (clock) hour is equivalent to 1.25 NBCOT PDUs

License boards that specify requirements as credit hours, credit units, credits etc. are referring to contact (clock) hours. License boards that specifically require CEUs are referring to the CEU conversion from contact hours.