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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 Treatment. She studied and worked extensively with Berta and Karl Bobath and is an NDT Certified Co-ordinator 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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The Treatment of Adult Hemiplegia

Topic Outline

Handling Skills Manual (J]XYc 'HM HŁ
Movement Components (30 min.)
Movement Lab (5' min.)
Patient Problems (2* min.)
Handling Skills (2' min.)
Hfi b_ Mobilization (6%min.)
Increasing Anterior Lumbar Range (9 min.)
Correcting Alignment while Increasing Lumbar Range (5 min.)
Shoulder Girdle Mobilization ((- min.)
Increasing Lateral Range of the Trunk (10 min.)
Increasing Thoracic Extension (3 min.)
Inhibition of the Hand (3&min.)
Movement Over the Base of Support (4 min.)
: UW]hU]b['UbXI df][\hHfi b_ Zca 'h YG]XYf& 'a]b'L

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The Treatment of Adult Hemiplegia

Topic Outline Continued

Facilitating **U** bI df][\hHfi b_ from the Front (1, min.)

Facilitating **@UMU**: `Y]cb Zca `h YG]XY(, min.)

Facilitating lateral : `Y]cb from the Front (3 min.)

Facilitating Scooting Forward (% min.)

Facilitating Scooting Backward (26 min.)

=bWfdcfU]b[1 9 K Y][\h6YUf]b[]b`G]H]b[(' (min.)

Facilitating UE Weight Bearing icb UGUbhYX'G fZUW (%min.)

5 `][ba YbhUbX`HYUa Ybh=XYUgZcf `h YI ddYf`9l hfYa]hmfl %a]b`L

: UW]H]b[`h Y=bj c`j YX`@Y[(& min.)

Facilitating G]hG]bX/ `G]bX!G]h5 Vmj]h]Yg(' ' min.)

Facilitating G]bX]b[`5 Vmj]h]Yg(' ' min.)

Facilitating CbY!A Ub`H]b]gZf (') min.)

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The Treatment of Adult Hemiplegia

Topic Outline Continued

Facilitating U; UjhGYei YbW(*) min.)

: UW]h]b['K U_]b[(%* min.)

=b\]V]h]b["Di g\]b[" (&7 min.)

: UW]h]b['GUf`7`]a V]b['(' (min.)

Positioning and Bed Mobility (63 min.)

Treatment Demonstrations (65 min.)

Positioning and Bed Mobility; Client Application (25 min.)