



DEVELOPING SUPPORT AND REACH IN THE UE

NDT WORKSHOP IN THE MANAGEMENT OF UE FOLLOWING STROKE OR BRAIN INJURY

SATURDAY OCTOBER 19, 2019

Workshop Description: This one-day workshop will present NDT principles related to coordinated movements of the trunk and upper extremity for active support in function and for developing reach. The workshop will provide an opportunity for analysis of the role of the upper extremity in function and the assessment of movement dysfunction in the upper extremity in clients with neurological deficits post CVA or brain injury.

Learning Objectives

Upon completion of this workshop, participants will:

- Understand the principles of the NDT approach to the treatment of adults with neurological impairments and particularly as applied to management of the upper extremity in an individual post stroke or brain injury
- Demonstrate basic skill for analyzing normal and abnormal movement as it relates to the trunk and upper extremity function for support and during reach.
- Demonstrate basic handling skills to improve shoulder mobility, reduce pain and facilitate scapula control in coordination with trunk and upper extremity movements.

Instructor: Karen Guha, PT, BSc PT, C/NDT, CIDN, NDTA Coordinator Instructor

Karen Guha is a registered physical therapist who graduated from the University of Toronto in 1996 with a BSc PT. Karen worked in the United States for 3 ½ years treating individuals with neurological diagnoses in both the inpatient and outpatient settings. She returned to Canada in 2000 and began working at Grand River Hospital (GRH), Kitchener, Ontario. Karen worked on the acute stroke unit, inpatient and outpatient neuro rehabilitation settings at GRH. She presently works in the outpatient Neuro Rehabilitation Clinic at GRH treating individuals who suffer from stroke, acquired brain injury, spinal cord injury and other neurological diagnoses. In addition, she works with individuals privately in their home or community and at Back Works Spinal and Sports Rehabilitation, Waterloo, Ontario. Karen has over 20 years experience working with individuals with neurological impairments.

Karen began her NDT training in 1998 by completing her Certificate Course (for adults with hemi-plegia), and has since taken several advance level courses. In 2002 Karen became an Instructor Candidate and began assisting on various NDT courses. Karen became a NDTA PT instructor in 2007 and a NDTA Coordinator Instructor in 2011. Karen is also qualified to teach NDT Advanced courses. She has taught NDT courses in Canada, the United States and internationally. Karen became certified in Integrated Dry Needling in 2017.

Format: Workshop format will include lectures and lab sessions. During lab sessions, participants will have the opportunity to analyze normal movements and practice handling skills to facilitate the recovery of upper extremity motor control.

Requirements: Participants must be a registered Physical Therapist, Occupational Therapist, Therapy Assistant or Registered Kinesiotherapist who work with individuals who have suffered from stroke or brain injury.

Location: Back Works Spinal & Sports Rehabilitation, 99 Northfield Dr, Suite 102, Waterloo, Ontario, N2K 3P9

Tuition: \$250.00 + HST (\$282.50 Canadian)

Accepted forms of payment include Visa, Mastercard or cheque payable to Back Works Spinal and Sports Rehabilitation. Tuition includes course materials and morning refreshments. Lunch is not included. Registration is accepted on a first-come first served basis, so register early to ensure a spot in the course.

Accommodation: If you require accommodations, we have a corporate rate at the [Best Western Plus](#) on King St in Waterloo. The cost per night is \$119 for standard or \$129 for the deluxe tower - both include a hot breakfast and free parking. To make a reservation call [\(519\) 884-0100](tel:519-884-0100) and mention "Back Works" to receive this rate.

We recommend securing accommodation early as local festivals; events and trade shows can result in hotels being booked.





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Please complete the following information legibly and mail, fax or e-mail with payment.
Participants are not considered registered until payment is received.

E-mail to admin@backworks.ca or fax to (519) 746-8346, or mail cheque to:

Back Works Spinal and Sports Rehabilitation
99 Northfield Drive Suite 102
Waterloo, ON
N2K 3P9

Name and credentials as you would like them to appear on your certificate:

Name: _____ Credentials: _____

City: _____ Phone: _____

E-mail: _____ Profession: _____

Tuition: \$250.00 + HST (\$282.50)

Payment Options:

- Cheque payable to Back Works Spinal and Sports Rehabilitation
- Mastercard
- Visa

Name as it appears on credit card: _____

Credit Card Number: _____

Expiration: _____

Cancellation Policy

Cancellations must be received in writing and all refunds and deferments are subject to an administrative fee.
After **Sept 6, 2019** and in the event that a replacement cannot be found, no refunds will be granted.

