

## A Hands-On Workshop for Paediatric Therapists!

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**Are you ready to rethink how you use therapy equipment?**

**Do you want to expand your creativity in paediatric treatment sessions?**

Join us for "Thinking Out the Blocks", a 2-day interactive workshop designed for physiotherapists and occupational therapists working with paediatric patients.

### WHAT YOU'LL GAIN



The ability to think creatively to reach functional goals with simple equipment such as wedges, blocks and rollers.



Live brainstorming of clinical cases scenarios with practical strategies to immediately apply in your work.



New ideas to facilitate fun, engaging sessions that kids & parents will love, while improving their outcomes at the same time.



Refreshed insight into various paediatric conditions, ethical and safety considerations, and the use of simple resources in different settings.

**Step outside your comfort zone and discover new ways to engage your patients!**

**Limited spots available – Only 24 participants for each course!**

JHB Dates: 14 & 15 Nov 2025 | Time: 9am - 4pm

CPT Dates: 17 & 18 Nov 2025 | Time: 9am - 4pm

Investment: R3850

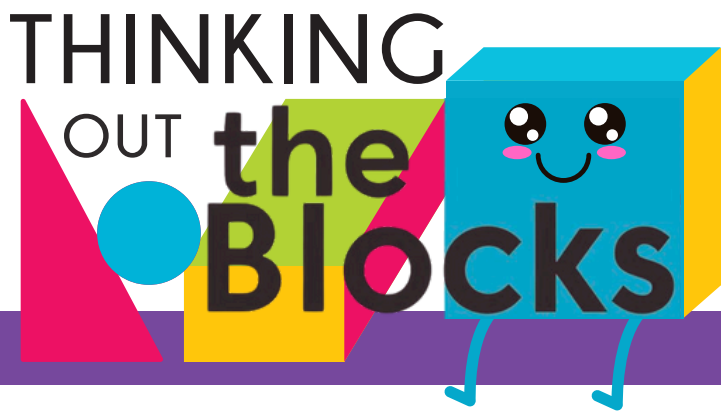
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Questions? Email [nicole@nc-physiotherapy.com](mailto:nicole@nc-physiotherapy.com)

Registration closes 2 weeks before each course



## WORKSHOP OUTLINE

### DAY 1: FOUNDATIONS & CREATIVE THINKING

Welcome & Introduction  
Understanding Paediatric Movement Challenges  
Movement & Tea Break  
Case Study Round 1: "Building the Basics" & Feedback session  
Lunch Break  
Case Study Round 2: "Thinking Beyond the Obvious" & Feedback session  
Movement & Tea Break  
Debrief & Reflection

### DAY 2: ADVANCED CREATIVITY & REAL-WORLD APPLICATION

Recap & Energiser Activity  
Case Study Round 3: "Challenge Mode" & feedback session  
Movement & Tea Break  
Ethical Considerations in Paediatric Therapy, Discussion & Case Scenarios  
Live Problem-Solving Lab  
Lunch Break  
Case Study Round 4: "The Ultimate Challenge" & feedback session  
Movement & Tea Break  
Final Presentations and Key Takeaways, Q&A

### CASE STUDIES

These 28 cases are designed to challenge participants to think creatively about simple equipment use while considering functional goals for each child.

7 x Neurological Cases  
5 x Orthopaedic / Musculoskeletal Cases  
4 x Sensory Processing / Autism Spectrum Disorder Cases  
4 x Genetic / Metabolic Disorder Cases  
4 x Post-surgical / Rehabilitation Cases  
4 x Behavioural / Functional Cases

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# THINKING OUT



## LEARNING OBJECTIVES

By the end of this workshop, participants will be able to:

### Demonstrate innovative problem-solving skills:

- Apply creative thinking to develop and implement paediatric therapy interventions using standard equipment (e.g., blocks, wedges, rollers) in functional ways that are evidence-aligned.
- Balance creative use of equipment with functional therapeutic outcomes and treatment goals.

### Strengthen clinical decision-making with adaptability:

- Critically assess each case study.
- Develop simple individualised treatment goals and plan therapeutic intervention, taking into consideration the diagnosis and the need to adapt based on various resource constraints.
- Integrate knowledge of sensory/motor impairments and developmental challenges into practical intervention planning.

### Navigate ethical considerations:

- Recognise and discuss ethical issues in paediatric therapy.
- Make ethically sound decisions that prioritise safety, informed consent/assent, and child-centred care.
- Reflect on personal and professional values in balancing innovation with responsibility.

### Collaborate effectively within multidisciplinary teams:

- Engage in team-work: planning, execution, and presentation of therapy strategies.
- Strengthen interdisciplinary dialogue, practice giving and receiving constructive feedback.
- Participate in peer learning during idea-sharing.

### Translate workshop learning into practice:

- Use a clinical case template to document individualised treatment plans using simple equipment.
- Explore various ways in which simple equipment (blocks) can be used, and how to adapt your thinking to maximise variability in your therapy.
- Demonstrate readiness to implement workshop adaptability strategies in clinical environments with limited resources or other unforeseen constraints.

### Evaluate functional outcomes of creative interventions:

- Appreciate the use of adapted techniques based on developmental appropriateness, therapeutic benefit, and clinical reasoning during group presentations and feedback sessions.

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