

**With
Erica
Malcolm**

Posture & Balance in Relation to Selective Control Lower Limb for Therapy Assistant Staff

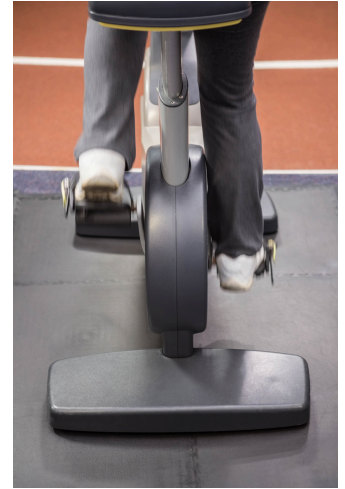
Duration: 1 day

CPD Hours: 7

Date: 14th January 2025

Format: Face to Face

Fee: £160



Erica Malcolm Consultant Physiotherapist Neurology

Overview:

This course will look at the influence of posture movement and balance on the control of movement and function of the lower limbs
The course will develop the clinical skill of analysis through observation, palpation and handling.

Aims of the Course:

- To give the participant the opportunity to develop a logical structure to analyse posture and movement patterns.
- To develop the participants clinical reasoning process when analysing the influence of posture on the lower limbs
- To demonstrate the negative neuroplasticity which can occur due to sustained poor posture.
- To build confidence in the area of postural and balance analysis

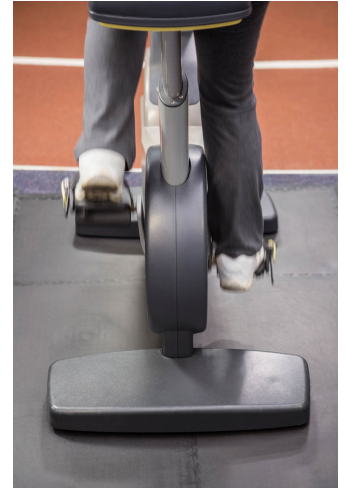
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Training made easy

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Who will Benefit:

THERAPY ASSISTANT STAFF WORKING WITH ADULTS WITH
NEUROLOGICAL DAMAGE OR DISEASE

Learning Outcomes:

By the end of this course the participant should be able to:

- Explain the importance of postural control for lower limb function
- Understand aspects of the effects of negative neuroplasticity on an individual's ability to use the lower limbs
- Effect an improvement in fellow participants posture and demonstrate their subsequent improvement in balance and lower limb function.
- Assess whether the tone in an individual's lower limbs in various postures is appropriate/ideal for that posture
- Influence an individual's posture to effect a positive change and demonstrate how this positively impacts on the control and movement of the lower limbs
- Recognise aspects of postural deficits and relate these to movement difficulties in the lower limbs

SUGGESTED PRE -COURSE READING

- Review the anatomy of the lower limbs
- Any text where 'patterns of movement' are explored

NOTE: This course has a high practical element and loose clothing or comfortable shorts and t-shirts should be worn.