

THE RAMOVES IS PROUD TO PRESENT
**DEVELOPMENT OF NORMAL GAIT,
DEVIATIONS AND TREATMENT
FOR THE CHILD WITH CEREBRAL
PALSY: INTENSIVE—LEVEL I**

PRESENTED BY

JULIE HANNAN PERFECT, PT, DPT, PCS

AND CLAUDIA KELP-LENANE, PT

WORK OF MARY DOLLARD WECK, PT

WHEN

Sunday—Tuesday (SUNDAY ONLY OPTION AVAILABLE)

May 5—7, 2019

WHERE

Conference Hall

1914 Bay Ave

(off Avenue M and East 19th Street, car entrance from ocean avenue)

Brooklyn, New York

INTENSIVE SUNDAY ONLY OPTION 7:45am—5:30pm

- Relevant functional biomechanics
- Typical adult gait lecture and labs
- Typical pediatric gait lecture, observations and labs

MONDAY AND TUESDAY 8:00am—4:30pm

- Typical pediatric gait observations and labs
- Atypical gait development, treatment demo, labs and treatment sessions

**TO REGISTER—EMAIL INFO@THERAMOVES.COM
or Call 917-224-5114 or VISIT WWW.THERAMOVES.COM**

TARGET AUDIENCE:

PT's, PTA's working with children with neurological and gait challenges

LEVEL OF INSTRUCTION

Beginner, Intermediate, Advanced

INSTRUCTIONAL METHODS

The course utilizes a combination of lecture/discussion, observation, facilitation labs and treatment sessions.

COST 3 DAYS SUN-TUES

Early Registration \$699

Group of 3 or more \$675

Only 21 days prior

Regular Registration \$740

SUNDAY (DAY 1) ONLY OPTION

Early Registration \$289

Group of 3 or more \$269

Only 21 days prior

Regular Registration \$310

CEUs

1-Day **8 CONTACT HOURS**

3-Day 22 CONTACT HOURS

CERTIFICATES WILL BE AWARDED

Approved for PTs and PTAs in NY

**Application has been made to
NJBPTE for CE credit approval**

*Credits listed are offered by
TheraMoves for a full day's attendance*

TheraMoves Services is recognized by the NY SED's State Board for PT as an approved provider for PTs and PTAs continuing education

Please contact us with any special needs requests 2 weeks before the course

This continuing education program is available to all Physical Therapists and Physical Therapy Assistants in the state of NJ, NY & CT on a non-discriminatory basis.

COURSE DESCRIPTION:

This is a 3-day course designed for Physical Therapists treating pediatric clients with standing and gait disorders. The course emphasizes a knowledge base of normal adult gait and the developmental stages of normal pediatric gait as a basis for treatment. The last day includes opportunities for 'hands on' practice to integrate the principles learned in the course.

The course examines body alignment, joint motion and muscle activation in adult gait. The same parameters are analyzed in the developmental progression from early weight bearing through cruising, early ambulation and the toddler gait.

Observational and hands-on labs are included.

How commonly seen deviations in the standing and gait continuum affect the pattern and efficiency of gait will be discussed. The continuum of pathological gait development will be analyzed. Practical application to treatment techniques will be included in demonstration labs and short treatment sessions with pediatric clients.

LEARNING OBJECTIVES: BY THE CONCLUSION OF DAY 1 THE PARTICIPANT SHOULD BE ABLE TO:

- Describe the important relationship between adult gait alignment and movement, and the development of pediatric gait
- Discuss what muscle activation is needed to achieve and maintain correct functional alignment in upright postures
- Discuss how standing and gait are affected by incorrect center of mass alignment in relation to the base of support
- Identify how standing and gait are affected by the positional alignment and interaction of the thorax and pelvis
- Identify the interaction of motion and muscle activity of the trunk and lower extremities in the adult gait cycle
- Discuss the importance of spinal coupling as a critical factor in the development of coordinated and energy efficient gait
- Understand and describe the concept of a pediatric gait continuum
- Describe the contributory elements of motor learning relevant to progression along the typical pediatric gait continuum
- Describe the continuum stages and how they relate to each other
- Identify critical components of alignment and movement development in each stage
- Identify the continuum of pathological weight bearing
- Describe how the standing and gait continuum is affected by incorrect center of mass alignment in relation to the base of support
- Identify how the standing and gait continuum is affected by the positional alignment and interaction of the thorax and pelvis
- Identify how incorrect alignment impacts muscle activation and contributes to the development of functional and structural musculoskeletal impairments
- Understand the relationship between incorrect alignment and the development of chronic pain and fatigue
- Discuss the pros and cons of the use of assistive devices
- Identify strategies for correcting alignment deviations

**Videotaping, voice recording and still photos are
not allowed for any parts of this course**

PRESENTERS BIO:

Julie Hannan Perfect, PT, DPT, PCS- worked at Children's Memorial Hospital (currently Ann and Robert H. Lurie Children's Hospital of Chicago) with Mary Weck for 6 years and has been teaching gait courses with Mary for over 30 years. Julie is currently in private practice in the San Francisco Bay area working in early intervention, school based, and outpatient settings. She is an adjunct instructor in the DPT program at University of the Pacific in Stockton CA. She earned her Pediatric Clinical Specialist in 2015, DPT in the Pediatric Sciences program at Rocky Mountain University in 2017, and is NDT certified.

Claudia Kelp-Lenane, PT is a Physical Therapist at Ann and Robert H. Lurie Children's Hospital of Chicago. Over the past 40 years she has worked in the specialized inpatient post op program for children with cerebral palsy under the mentorship of Mary Weck. Claudia worked in the Gait Lab for 17 years, as well as in the NICU, NICU follow up clinic and outpatient. She has been active in research, lecturing and mentoring. Previously, Claudia worked in Ann Arbor, Salisbury Health District in England and King's College Hospital in London.

CANCELLATION POLICY: We reserve the right to cancel any course due to extenuating circumstances. Please do not make non-refundable travel arrangements until you contacted us &/or received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

REFUND POLICY: A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to **20 days** prior to the course. After that no refunds will be given for cancellations. This policy will be waived if a replacement participant is found.

**TO REGISTER FOR THIS
CONFERENCE EMAIL:
INFO@THERAMOVES.COM
917-224-5114**

LEARNING OBJECTIVES BY THE END OF DAY 2 THE

PARTICIPANT SHOULD BE ABLE TO:

- Discuss the details of alignment and motions along the pediatric gait continuum.
- Describe the interactive elements of each continuum stage and how they relate to each other
- Identify and understand the impact of critical alignment elements of the trunk and lower extremities at each stage of the continuum
- Identify and understand the impact of critical center of mass alignment postures of each continuum stage
- Identify and understand the impact of critical weight shift initiation and control responses present in each stage of the continuum
- Understand the critical factors influencing progression of standing and gait development in typically developing children

LEARNING OBJECTIVES: BY THE END OF DAY 3, THE PARTICIPANT SHOULD BE ABLE TO:

- Identify the differences between typical and atypical gait development
- Identify and understand the impact of incorrect alignment elements of the trunk and lower extremities at each stage of the continuum
- Identify and understand the impact of incorrect center of mass alignment postures of each continuum stage
- Identify and understand the impact of incorrect weight shift initiation and control responses present in each stage of the continuum
- Understand the critical factors causing impaired balance and alignment leading to efficient gait and decreased functional gait
- Develop and discuss treatment strategies for progressing clients to change the atypical trajectory toward more typical patterns
- Apply the course concepts during hands on treatment sessions with clients in the course

AGENDA SUN 5/5/19

7:45-9:30	Relevant functional biomechanics and adult gait lecture & lab
9:45-11:45	Adult gait lecture & lab Pertinent components for pediatric evaluation & treatment
11:45-12:45	Introduction to pediatric Standing & gait development & evaluation
12:30-1:30	LUNCH (on your own)
1:30-3:30	Pediatric standing/gait Development & screening Evaluation of typical continuum Lecture/video: Early stand to pre-cruising, & Cruising, & Early steps & Toddler and beyond
3:45-5:30	Development of atypical standing and gait. Critical Components for pediatric screening Evaluation. Atypical Characteristics & remediation

AGENDA MON 5/6/19

8:00- 9:30	Review of standing-gait continuum
9:30-10:00	Lab: Progression through the continuum
10:15-10:45	Using the observation/ assessment tool
10:45-11:10	Small group observation - early/late stander
11:10-11:30	Whole group discussion & lab
11:30-11:55	Small group observation - cruising
11:55-12:15	Whole group discussion & lab
12:15-1:15	LUNCH (Own your own)
1:15-1:40	Small group observation - early gait
1:40-2:00	Whole group discussion & lab
2:00-2:25	Small group observation - late toddler
2:25-2:45	Whole Group Discussion & lab
2:45-3:00	Break
3:00-3:30	Review of observation sessions
3:30-4:30	Lab: Demonstration

TO REGISTER for this seminar PLEASE EMAIL:

INFO@THERAMOVES.COM

917-224-5114 or you can **download** a registration form from our website www.theramoves.com

to mail in.



Instagram @Theramoves

DISCLOSURE:

Financial: Julie Hannan Perfect, PT, DPT, PC and Claudia Kelp-Lenane, PT receive a speaker's honorarium from TheraMoves Services for the presentation. **NON-FINANCIAL DISCLOSURE:** There are no relevant relationships to disclose.

A MID MORNING BREAK AND ONE OR TWO MID-AFTERNOON BREAK WILL BE TAKEN ON ALL DAYS AS NEEDED

AGENDA TUESDAY MAY 7, 2019

8:00-10:00	Atypical gait characteristics and Remediation
10:00-10:15	Break
10:15-11:00	Demonstration
11:00-11:15	Discussion of Demonstration
11:15-12:30	Spastic diplegic CP Small Groups treatment sessions Discussion and lab
12:30-1:30	Lunch (On your own)
1:30-2:45	Quadriplegic CP Small Groups treatment sessions
2:45-3:00	Break
3:00-4:00	Hemiplegic CP Small Groups treatment Sessions Discussion and lab
4:00-4:30	Wrap-up, Q&A