

TheraMoves is proud to present STRENGTHENING KIDS FROM THE INSIDE OUT:

THE MISSING PIECES OF THE PUZZLE

PRESENTED BY

ROSETTA DITOMASSO, PT

WHEN

THURSDAY, NOVEMBER 7, 2019

8:15 AM — 3:30 PM

WHERE

250 Park Avenue,
Long Branch, NEW JERSEY

FEATURING • structural alignment • muscular synergy imbalances • core strength • sitting postures • motor control • hand strength • gait • speaking and breathing • rib cage positioning • thoracic/abdominal pressure • head control • primitive reflexes • minimal and portable equipment • positional strengthening activities • coordination/core/motor control with specific exercise activities

Learn functional elements and instruments to address the physical limitations in the classroom, the home and the child's play-environment; including but not limited to posture, reading, speaking, movement, balance and endurance.

TO REGISTER PLEASE EMAIL

INFO@THERAMOVES.COM or CALL — 347-379-1359
WWW.THERAMOVES.COM Instagram @TheraMoves

TARGET AUDIENCE:

OT'S, OTA'S, PT'S, PTA'S, EARLY INTERVENTION SPECIALISTS, DEVELOPMENTAL THERAPISTS & ANYONE SERVICING CHILDREN WITH NEUROMOTOR INVOLVEMENT

LEVEL OF INSTRUCTION

BEGINNER/INTERMEDIATE LEVEL

INSTRUCTIONAL METHODS

LECTURE, POWERPOINT, LABS

COST \$209

EARLY REGISTRATION \$199
POSTMARKED OCTOBER 10, 2019

GROUP OF 3 OR MORE \$179
POSTMARKED OCTOBER 10, 2019

CEU'S 6 CONTACT HOURS

6 NBCOT PDU's, .6 CEU's,
7.2 contact hours for NY PT's

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

Credits listed are offered by TheraMoves for a full day's attendance and partial credits for partial attendance.

CERTIFICATES WILL BE AWARDED



TheraMoves is an AOTA Approved Provider of continuing education "The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA." (APP # 11168) Approved by AOTA for .6 CEU, 6 contact hours, beginner/intermediate domain of OT performance skills.

TheraMoves Services, LLC is recognized by the NYSED's State Board for physical therapy as an approved provider of PT & PTAs continuing education, Approved for 7.2 contact hours

This continuing education program is available to all physical therapists and physical therapist assistants in the state of NJ/NY on a non-discriminatory basis.

Refreshments will be served
Lunch is on your own

COURSE DESCRIPTION: This workshop will enhance the clinician's assessment skills to identify and specifically target the limitation in function and the cause of the limitation. The clinician will then learn specific strategies, exercises and activities to address these limitations. The workshop will outline the alignment, motor and postural concerns that affect children's gross and fine motor function. It will address the balance of muscular control between muscles as it affects the entire body. It will also address the role of respiration, rib cage position, and movement as it pertains to posture endurance and movement. The participant will be enlightened as to the role of these functional limitations as they relate to playtime and classroom activities such as reading, writing, sitting and gait. Participants will learn effective and efficient assessment and treatment strategies to strengthen and advance function. Techniques will target key areas including core muscular control that will help foster global performance, endurance, posture, breathing and skill. Strategies to facilitate the participant's goals for environments with space constraints and minimal equipment will be reviewed. The practical suggestions and information provided will promote increased awareness of how alignment, motor control and core strength affect upper and lower extremity function and motor control. Suggestions will include tools that can be easily implemented into treatment sessions to advance both gross and fine motor function.

AGENDA

8:15 - 10:00 Assessment, Alignment, Breathing, Rib Cage, Weight shifting and Strategies addressing these

10:15 - 11:30 Vision, Auditory, Primitive Reflexes, Handwriting, Reading and associated strategies.

11:30- 12:15 Lunch (45 min on your own)

12:15 - 1:45 Muscle Strength & Coordination/Core/Motor Control and specific exercises activities

1:45 - 3:30 Functional and Positional Strengthening Activities

Two - 15 minute breaks will be taken one mid-morning and mid-afternoon

LEARNING OBJECTIVES: AT THE END OF THIS SEMINAR THE PARTICIPANT WILL BE ABLE TO...

- Participants will learn to quickly assess structural alignment and muscular synergy imbalances limiting function.
- Participants will learn at least 4-5 specific strategies and activities to improve core strength as it relates to transitions, sitting postures, hand strength, gait, speaking, and breathing,
- Participants will learn to identify when and how motor control interferes with movement processes as it relates to children with high tone and sitting as well as in movement and "locking" of extremities.
- Participants will learn at least 3 strategies that address how to acquire core strength and endurance in all children but especially in children with low tone who tire easily.
- Participants will learn how primitive reflexes affect movement, sitting, reading and writing, crossing midline and at least 3-4 specific activities to address this.
- Participants will be alerted to the effect of rib cage positioning and thoracic/abdominal pressures as it relates to the force of movement, hand strength, head control, and muscle force and will learn at least 2 activities for improvement.
- Participants will learn at least 3-4 specific strategies how to improve agility, lengthen cadence in gait, and improve ability to shift weight in various positions.
- Participants will be able to articulate ways they will implement these strengthening techniques using minimal and portable equipment in small spaces.

PRESENTERS BIO:

Rosetta DiTomaso has focused on pediatric early intervention and school-based therapy for nearly 30 years, working with children who have a wide range of disabilities. She is trained and certified in Neuro-Developmental Training (NDT), Sensory, Cyriax and biomechanical gIntegration and Praxis Test (SIPT) and Kinesio Taping. She is also trained in Myofascial Release, MEDEK, proprioceptive neuromotor facilitation, joint mobilization, exercise training gait analysis, and has facilitated in labs at level 1 & 2 in Rhythmic Movement Training. She is a strong proponent of exercise to improve neural connections as well as core strengthening and coordination in children with learning disabilities and autism spectrum disorders. Rosetta's specialty includes evaluating and analyzing the root of a child's physical problems and devising a customized treatment plan accordingly.

Please contact us with any special needs requests

DISCLOSURE Financial: Rosetta DiTomaso, PT, will receive a speaker's honorarium from TheraMoves Services for the presentation. Non-Financial: They have no non-financial relationships to disclose.

REFUND POLICY: A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to 7 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

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.