Functional Neuromuscular Re-education
by Jocelyn Metzger OTR/L, MOT, Adv. MFR therapist

Course Description

Stroke is the number one cause of serious disability, and the number three cause of death in the United States. An estimated three million people in the United States who have had a stroke are living with varying degrees of disability, and at least half of the stroke population require partial or total assistance with daily activities. As many as 800,000 people suffer from a stroke each year, and this rate is predicted to increase rapidly as the baby boomer population ages. The need for efficient treatment techniques and advanced training is greater than ever for helping individuals with neuromuscular impairments to improve balance, coordination, posture, muscle control, and functional independence.

This one day course on functional neuromuscular re-education is designed to provide you with information on the most common frames of references comparing their similarities and differences. You will gain experience in using NDT, Rood, Brunnstrom, Motor relearning theory, and PNF to develop your clinical reasoning skills to determine which technique will be most effective with your client. Function and proprioception is at the core of all these theories and is therefore incorporated throughout the day giving you practical application to use immediately when you return to the clinic. Meaningful activities engage both the physical body and cognition which is essential for neuromuscular re-education and successful outcomes. The course will cover treatment spanning from acute care to home health and out patient therapy giving you the expertise to create and implement an effective plan of care at any point of a patient’s recovery.

Learning Objectives:

✓ The therapist will apply the basic philosophy and treatment principles of the NDT/Bobath, PNF, Rood, Brunnstrom, and Motor Relearning Theory with beginner level competence during the final demonstration lab.

✓ The therapist will demonstrate beginner level competence in one primary abnormal movement pattern affecting the patient’s ability to achieve normal, synergistic movement during functional activities.

✓ The therapist will implement >5 basic beginner level inhibition and facilitation techniques to improve the patient’s postural control, transitional movements, and upper/ lower extremity motor return.

✓ The therapist will independently list >5 new functional treatment ideas utilizing NDT/Bobath, Brunnstrom, and Motor Relearning Theory

✓ The therapist will exhibit independence in documenting functional neuromuscular re-education goals and progress notes.

*This course is dominantly a hands on lab with the instructor assisting to guide participants to correct use of the technique. At the end of the course, participants will be broken into groups and provided a case study to develop and demonstrate a treatment plan for the patient in their case study. Full participation throughout the course is required. Please wear comfortable clothing and bring a functional activity with you to the course.

*This course is designed for the beginner level practitioner working in all settings that treat the young adult to geriatric population

Who Should Attend

This course is intended for OTs, OTAs, PTs, PTAs, SLPs, RN, ATs, and students of all disciplines mentioned above.
This course is accredited by
The OH Occupational Therapy Association for 6.25 CEUs, OH Physical Therapy Association for 6.5, OH Athletic Trainer Association for 6.25, and pending approval by the OH SPL Association, OH Board of Medical Directors, and the OH Board of Nursing.

Course Outline
7:30am – Registration & Breakfast | 8:00am – Course Begins

1. Philosophy & Treatment Principles
   - NDT/Bobath and Brunnstrom Approach
   - Proprioceptive Neuromuscular Facilitation (PNF)
   - Motor Relearning Theory
   - Functional Tasks vs. Gain Strength and ROM
   - Synergistic movement vs. Compensatory techniques
   - Challenging the patient for cortical reorganization and neuropasticity
   - Closed-Chain & Open-Chain Activities
   - Advancing to asymmetrical movement
   - Simultaneous use of facilitation and inhibition
     * 15 minute Break

2. Identifying the primary deficit and normal alignment
   - Postural Alignment
   - Sequence of Movement
   - Abnormal movement analysis

3. Attaining postural control and dynamic sitting balance
   - Achieve a Base of Support (BOS)
   - Lateral Weight Shift (Scooting)
   - Movement using Functional Implication/Activities
     * Lunch 12:00-1:00 on your own

4. Facilitating sit to stand & static standing balance
   - Trunk Stability and Facilitation
   - Choosing Effective Equipment
   - Facilitating sitting balance and sit to stand
   - Functional application for sitting and standing

5. Implementing function into neuromuscular re-education
   - Upper/Lower Extremity Motor Return
   - Manual techniques to managing spasticity
   - Patterns of Muscle Return
   - Slings, splints, and orthotics

6. Documentation
   - Effective Goal Writing
   - Progress Note

7. Final Demonstration Lab with case study

3:30pm – Course Adjourns
**Speaker Bio:**

Jocelyn Metzger, MOTR/L, graduated from St. Ambrose University with a BA/BS in Psychology and a Masters in Occupational Therapy in 2001. Mrs. Metzger has experience working in acute care and inpatient rehab, LTAC, and skilled nursing facilities. Jocelyn utilizes kinesiotaping for muscle strengthening, pain management, and edema management. She is also trained in the basics of cardiac rehabilitation with an emphasis on energy conservation. Jocelyn has an extensive knowledge in wheelchair positioning, home safety modifications, neuro-muscular re-education, pain management, ergonomic evaluation, and body mechanics training. Mrs. Metzger specializes in John Barnes Myofascial Release. She holistically evaluates her patient’s physical, cognitive, and spiritual needs in every treatment to achieve maximum potential for each patient. In 2005, She completed the 3-week Neurodevelopmental Treatment training and in 2007 she began her own private practice. Jocelyn is also an assistance instructor for the John F. Barnes Myofascial Release courses and author of “The Inner Guide to Stretching: Advanced Healing using Myofascial Release” self-treatment DVDs.

**Participant Responses:**

* "Jocelyn, you did a great job in presenting and demonstrating different techniques. Very good topic. You did a great job with engaging your audience"

* "Jocelyn is a wonderful speaker. Very relaxed, easy going method but very informative"

* “Dynamic and approachable- an excellent teacher”

* "Great course. Lots of information in a short day. It was nice to have treatment activities provided"

**Pricing:**

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<th>Early Registration 2 weeks prior</th>
<th>Regular Registration &lt;2 weeks prior</th>
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<td>$2500/ Private Course for &lt;30 people</td>
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*For Private Courses over 40 people, the price will be negotiated with Sunshine Therapeutics*

**Registration, Confirmation and Certificates**

Confirmation of registration will be sent via email or regular mail if e-mail is not available for you. A copy of your registration confirmation will serve as your receipt for fees paid at the time of registration. If you are not able to attend the course, you are allowed to send a substitute in your place for no additional fee. A substitute can not earn CEUs for the absent participant.

Walk-ins are welcome but must pay an additional fee of $25 plus course tuition.

Please notify us at the time of registering if you have special needs or require assistance. If your certificate is not available the day of the seminar or is incorrect, please complete a certificate request form on-site and a copy will be sent to you within 7 business days.

**Substitution & Cancellation Policy:**

Substitutions for a course on another date may be made at any time 1 week prior to the course. Requests for cancellation must be received in writing by fax, e-mail, or postal mail 10 days prior to the seminar in order to receive a refund less a $20.00 administration charge per canceled attendee. If the cancellation is made within 10 days or less, refunds will not be granted for any reason. If you cancel in less than 10 days, a credit voucher will be issued that may be used toward a future seminar within 1 year.

In cases of inclement weather where the seminar is conducted as scheduled, you may request a credit voucher toward a future seminar as long as you contact Sunshine Therapeutics the morning of the course at 937-307-4174 or via e-mail a information@sunshinetherapeutics.com indicating that you are unable to attend due to weather. Please state your name, phone number, and e-mail address when leaving a message.

If Sunshine Therapeutics must cancel or change the seminar for any reason, our liability is limited to the cost of tuition. Your choice of a full refund or credit voucher will be issued in the case that Sunshine Therapeutics cancels a course.

If you register and do not attend, you are still responsible for payment. A minimum of 10 participants are required for the course to take place. In the event that 10 participants are not registered one week prior to the course, the course will be canceled and you will receive a 100% reimbursement of the course tuition. Once again, Sunshine Therapeutics is not responsible for reimbursement beyond the course tuition.
Registration Information: Please print clearly

Name:

Professional Title:

Organization:

Billing Address:

Address 2:

City:      State:    Zip:

Phone Number:

E-mail address:

Emergency contact:

*Please let us know if you have any special needs. We will inform you within 2 weeks of the course or sooner if we are not able to meet your needs. All efforts will be made to meet your needs:

Check the Session you will attend: (example dates)

✓ Dayton, OH June 21, 2012
✓ Cincinnati, OH June 22, 2012

Payment required for Registration:
Check or Credit Card must accompany your registration form.
Price_____________ x Quantity_____________ = Total________________
✓ Check enclosed, payable to Sunshine Therapeutics
✓ Visa
✓ Master Card
✓ Discover

Card holder's Name:___________________________________

Card #:_________________________________

Expiration: ___________/____________

Easy Registration:
Mail: Sunshine Therapeutics 5345 Harveysburg Rd, Waynesville, OH 45068
On-line: www.sunshinetherapeutics.com
Phone: (937) 307-4174
Fax: (513) 897-0505

*All information will be kept completely confidential. In the event that you need verification of course participation, please contact the office directly and a form will be sent to you to release your information. Information will only be released to the course participant unless ordered by the courts.
* Attention: Copy as needed for each attendee or register on-line at www.sunshinetherapeutics.com.
* Receipts sent via e-mail or regular mail if e-mail is not available.

Important Registration information:
Complaint Resolution:
If for any reason you are not satisfied with the program, simply notify the registrar of your intent to withdraw from the program prior to the first morning break, turn in your course materials and receive a 100% refund or credit on a future program. Please complete the course evaluation stating the reason for your dissatisfaction so we can improve on our courses. If you would like us to contact you regarding a complaint, please provide your name, phone number and e-mail address at the bottom of the page and check off “please contact me”. We will contact you within 7 business days to resolve any complaints you may have. We strive to provide the highest quality of expertise in continuing education. Your comments matter.

Privacy and Security of Information:
Sunshine Therapeutics will not disclose any participant’s information without their written request. All files are kept secure and will be kept for 7 years from the date of the course. In the event that you need your information released, please contact Sunshine Therapeutics and request a Release of Information Form. Complete this form and you will receive a copy of your records within 2 weeks. Information will only be sent to the participant of the course unless specified by a court of law.

Non-Discrimination Policy
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Presenter Disclosure Requirement
To encourage transparency and openness, presenters are required to disclose to attendees during their session any financial or nonfinancial relationships that exist related to the course/session content. If no financial or nonfinancial relationships exist, presenters should state this as well. Presenters should also provide the session title and presenters' names, as well as, the learning outcomes for the session is also required.

Disclosure Policy
Sunshine Therapeutics is required by all regulating bodies to disclose any support or financial relationships between presenters and commercial entities for all continuing medical education activities that are part of the programs that Sunshine Therapeutics offers. All individuals participating in a Sunshine Therapeutics sponsored activity are required to disclose to participants prior to the educational activity the existence of any financial or other relationship that he/she has with the manufacturer (s) of any commercial product (s) or provider (s) of any commercial service (s) discussed in an education presentation. The presenter is also required to disclose to the prospective audience when an unlabeled use of a commercial product, or an investigational use not yet approved for any purpose is discussed during an educational activity.

The intent of this disclosure is not to prevent an individual with a financial interest or other relationship from making a presentation, but rather to provide participants with information from which they can make their own judgments.