

## Developing Support & Reach in the Upper Extremity: A Virtual NDT Workshop

### REGISTRATION NOW OPEN!

<b>Instructor</b>	Karen Guha, PT, BScPT, C/NDT, CIDN, NDTA Coordinator Instructor
<b>Date</b>	Saturday November 6
<b>Time</b>	8:30 am to 3:00 pm
<b>Location</b>	Virtual delivery over Zoom
<b>Description</b>	Many individuals who suffer from a neurological injury post CVA or brain injury have limitations in using their involved upper extremity in function. Activating and progressing the involved upper extremity for function, is a consistent goal for both patients and therapists. This one-day virtual workshop will present NDT principles related to coordinated movements of the trunk and upper extremity for active support and for developing reach. The workshop will provide an opportunity for analysis of the role of the upper extremity in function and the assessment of movement dysfunction in the upper extremity. Various treatment strategies will be explored to facilitate active support and progress an upper extremity for reach. The workshop will contain didactic information, group breakout sessions, detailed lab information with handouts, and videos to watch. The session will have live, virtual interaction with the instructor throughout the workshop. There is also an optional lab component for those individuals who would like time to practice the labs and receive live virtual feedback from the instructor. Individuals who register for this component will need to have a colleague, family member or friend, who is available for the lab practice.

#### Upon completion of this virtual workshop, participants will:

- Understand the principles of the NDT approach to the treatment of adults with neurological impairments and particularly as applied to management of the upper extremity in an individual post stroke or brain injury.
- Identify major impairments that interfere with developing upper extremity function in an individual post stroke or brain injury.
- Explore treatment strategies to address impairments and develop support and reach functions in the more involved upper extremity

<b>Target Audience</b>	PT, OT, Kinesiologists, Rehabilitation Assistants working with clients with stroke or brain injury
<b>Capacity</b>	30 participants
<b>Registration Information</b>	Email <a href="mailto:frenche@tbh.net">frenche@tbh.net</a> to register. Deadline to register is October 1, 2021. Registration costs are sponsored by the NWO Regional Stroke Network.

Due to limited space, priority registration is given to those working **primarily** in stroke or ABI.

**For more information:** Esmé French, Northwestern Ontario Regional Stroke Network, 807-684-6498, [frenche@tbh.net](mailto:frenche@tbh.net)