

2 Days

Basic NDT/Bobath Workshop

“Management & Treatment of Adults with Hemiplegia”

Course Objectives:

- 1) To attain a comprehensible understanding of the NDT/Bobath principles
- 2) To advance the therapist's ability to analyze effective and ineffective movement and posture
- 3) To practice hand on application of NDT/Bobath therapeutic handling strategies to the management of the individuals with neuromuscular disorders.
- 4) To identify the relationship between functional activity limitations, ineffective posture and movement impairments in individuals with neuromuscular disorders
- 5) To develop and demonstrate therapeutic handling strategies and skills necessary to improve sensorimotor performance and overall functional abilities.

Day 1: – 8 hrs

Introduction : 1 hr
Motor control lab: 1 hr
Motor relearning and plasticity: 30 mins
Movement analysis lab: 1.30 hrs
Spasticity Management: 1 hr
Trunk involvement in Hemiplegic : 2 hrs

Day 2: – 8 hrs

Upper extremity MX in Hemiplegic: 1 hr
Thorax Mx in Hemiplegic: 30 mins
Lower Extremity MX in Hemiplegic: 1 hr
Pelvis Involvement MX in Hemiplegic: 30mins
Gait & Stair Climbing: 1 hr
International Classification of Functioning (ICF): 1 hr
Patient Observation & Reasoning: 2 hrs



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MPT- Neurology, FAGC, CYT, CKTT
C/NDT trained (NDTA, USA)
Trained in PNF (USA)
Trained in Neurodynamic Solutions
National member of the International
Journal of Health & Rehabilitation
National Advisor to POT Journal

Inclusions:

Handouts
Certificate
Lunch &
Refreshments

Tentative Date: Last Week of March 2015

Venue: Faculty of Allied Health Sciences,
University of Peradeniya

Fee: Rs. 5500/- (Physiotherapy Undergraduates)
Rs. 8000/- (Physiotherapy Professionals)
(Limited seats are available:- 30 seats.)

Interested participants are kindly requested to fill the attached form and send through email or by post on or before **16th February 2015**.

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