

REGISTRATION

- \$195 Early Registration Fee if postmarked by October 23.
- \$215 after October 23.
- Deadline for Registration October 30.
- No cancellations after October 30.



Please make checks payable and return to:

PREP
225 Lambs Ln.
Charlottesville, VA 22901
phone: (434) 975-9400
fax: (434) 975-9401

Functional Exercise

Name: _____

Address: _____

City: _____

State/Zip: _____

Phone (home): _____

Work Place: _____

Phone (work): _____

E-mail: _____

Directions and confirmation will be sent by e-mail.

Piedmont Regional Education Program
225 Lambs Lane
Charlottesville, VA 22901

Functional Exercise and Strengthening for the Neurologically Impaired Child

Presented by
Michael Dilenno, PT, DPT, CSCS
&
Jacqueline Grimenstein, PT, CKTP

November 6-7, 2008
Charlottesville, VA

sponsored by
PREP
Piedmont Regional Education Program
(434) 975-4900



COURSE DESCRIPTION

This lab-based course helps clinicians design effective treatment programs to improve function in children with special needs by increasing their strength and endurance.

The course applies to children with hypotonia, spasticity, developmental delays and other neurological impairments. An overview of the mechanisms that contribute to strengthening in children with disabilities is discussed as well as the role of the body systems in the process. An evidence based approach to examination procedures, intervention design, and outcome measure use is presented. Practical activities and interventions for all levels of immediate clinical application. The use of Pilates, martial arts, electrical stimulation, Swiss ball, theraband, isometric, traditional isotonic, and aerobic sequences are discussed and practiced in lab along with gross motor development and endurance testing. In addition, ideas for adaptation for children of various levels and ways to incorporate strengthening into the child's daily routine are provided.

This is an intermediate level course designed for PT, OT, PTA, and COTA practitioners. The course is limited to 60 participants due to space required for the labs. Please bring a physioball along and wear loose fitting clothes for the labs.

COURSE OBJECTIVES

Upon completion of the program, participants will be able to:

- Improve function by incorporating strengthening strategies into treatment programs.
- Identify the proper use objective measures to quantify impairments, functional limitations, and disabilities related to strength.
- Develop specific treatment objectives to address identified impairments, functional limitations, and disabilities related to strength.
- Develop muscle strength and muscle endurance programs that are incorporated into functional games and activities.

SCHEDULE

Day One

8:00	Registration
8:30	Influence of development on strength
9:15	Areas of weakness (Lab: Movement)
10:00	Break
10:15	Interaction of strengthening and the systems
10:45	Tests and Outcome Measures (Lab: Endurance Testing)
12:00	Lunch (on your own)
1:00	Strength Training - Fact or Fiction
1:15	Designing an exercise program
1:45	Treatment progression
2:30	Lab: Pilates
3:30	Lab: Swiss ball
4:30	Adjourn

Day Two

8:30	Lab: Theraband
9:30	Lab: Traditional Techniques
10:30	Break
10:45	Treadmill Training (videos)
11:00	Lab: Martial Arts
12:00	Lunch
1:00	Lab: Electric Stimulation
2:30	Break
2:45	Case Studies
3:15	Community Activities (videos)
4:00	Patient/Family Education
4:30	Adjourn

LOCATION

Holiday Inn
1901 Emmet Street
Charlottesville, VA 22901
Phone: (434) 977-7700
www.holiday-inn.com/cho-univarea

A block of rooms is reserved under PREP.

PRESENTERS

Michael Dilenno, PT, DPT, CSCS received his Master of Physical Therapy degree in 1999 from the University of the Sciences in Philadelphia and received his Doctor of Physical Therapy degree from Temple University in 2003. He is a Certified Strength and Conditioning Specialist credentialed by the National Strength and Conditioning Association. He is the outpatient PT Team Leader at the Children's Hospital of Philadelphia, specializing in Pediatric Orthopedics and Sports Medicine. He has presented the results of his strength testing and training research in children with bone disease and cerebral palsy multiple times at the APTA's Combined Section Meetings. Michael is an adjunct lecturer of PT at the University of the Sciences in Philadelphia and Arcadia University. He has lectured and instructed physicians, physical and occupational therapists, and PT students nationally and internationally on the examination and treatment of children with orthopedic and neurologic dysfunction. He has been training in the martial arts for 20 years as well as teaching these skills to children with disabilities.

Jacqueline Grimenstein, PT, CKTP received her Bachelor's Degree in Physical Therapy from the University of Pittsburgh in 1974. She presents at continuing education courses locally and nationally and has assisted Judi Bierman. She is an adjunct professor of advanced pediatrics at the University of the Sciences in Philadelphia. She is a member of the NDTA and currently a PT instructor candidate. She has practiced in a wide variety of settings including 30 years within school settings. Presently she is the Director of Rehabilitation Services for the Outpatient Department at Weisman Children's Rehabilitation Hospital in Marlton, NJ and part time in the Audubon NJ Public School System.

CREDITS

This course meets the criteria for 13 contact hours. Certificates of Attendance will be given to all participants who complete the 2 day workshop and may be used for CEU verification or credits.