

## SEMINAR

# Facilitating Transitional Movements Effectively: An NDT Perspective

**Course ID:** #22S14MDIN  
**Level:** Intermediate  
**Focus:** Adult  
**CE Hours:** 14.0

### DATE

Monday, November 14 8 pm – 5 pm  
Tuesday, November 15 8 am – 4 pm

### LOCATION



**NEUROHOPE**  
NeuroHope  
6002 Sunnyside Road  
Indianapolis, IN 46236

### INSTRUCTORS

Monica Diamond, PT, MS, C/NDT

### TARGET AUDIENCE

OT, PT, SLP

### COST

NTDA member: \$399 / Non-member: \$530

### CANCELTION

Cancelation will be accepted up to 14 days prior to the start of the seminar, minus a \$25 administration fee. There will be NO refunds after the 14-day deadline.

### QUESTIONS?

Or contact NDTA at [info@ndta.org](mailto:info@ndta.org) or 800-869-9295

### DISCLOSURES

**Financial:** Monica Diamond, PT, MS, C/NDT receives and honorarium for the presentation of this live seminar

**Non-Financial:** Monica Diamond, PT, MS, C/NDT is a member of the NDTA Instructors Group and holds leadership and volunteer roles within the NDTA bus is not financially compensated for these roles.

### DESCRIPTION

Through lectures, labs, and patient demonstrations, participants will have an opportunity to develop their understanding and skill in using transitional activities to remediate the functional limitations of patients with neuromuscular system impairments, across the continuum of care. Problem solving for individual patient needs will be discussed, demonstrated, and practiced.



14.0 Continuing Education Hours will be awarded upon successful completion of this NDTA approved course. 14.0 Continuing Education Hours are available toward NDT Re-Certification. NDTA is an AOTA Approved Provider of professional development. AOTA Approved Course Provider #5534. This live course is offered at 1.40 CEUs. Level: Intermediate / Category: OT Service Delivery and Foundational Knowledge.

### COURSE OBJECTIVES

Upon completion of this seminar the participants will be able to:

- Assess and facilitate coordinated movement of the head, body, and extremities during transitions. Explain the importance of this integration and summarize typical effective and atypical movement strategies frequently used by patients.
- Examine strategies for making sit <-> supine easier.
- Facilitate sit to stand to treat almost any problem.
- Analyze floor transfers – how do we do it, how should patients do it.
- Integrate concepts such as postural control, balance responses, activation and muscle activity, and others to explain the big picture.

### ABOUT THE INSTRUCTOR

**Monica Diamond, PT, MS, C/NDT** is an active Neuro-Developmental Treatment Association Coordinator Instructor and International Bobath Instructors Training Association (IBITA) member with over 20 years' experience teaching basic and advanced Neuro-Developmental Treatment Association approved courses for treatment of adults. She is an APTA Board Certified Neurological Clinical Specialist with over 40 years' clinical experience treating adults with neurological diagnoses, and continues her clinical practice at Ascension Sacred Heart Rehabilitation Institute in Milwaukee, Wisconsin. Monica received her bachelors and masters degrees from the University of Wisconsin in Madison. She holds adjunct faculty appointments and teaches Neuro-Developmental Treatment at several universities She has completed and published clinical research, and has presented nationally and internationally, including presentations at APTA NDTA, and WCPT conferences. Monica has been actively involved with many Neuro-Developmental Treatment Association Instructors Group Committees and is a contributor to the NDT book, *Neuro-Developmental Treatment: A Guide to NDT Clinical Practice*, published in 2016.

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### SCHEDULE

#### Day 1

8:00am NDT Update: Principles, Philosophy and Scientific Basis of NDT

- Using the NDTA™ Contemporary Practice Model of Clinical Problem Solving – Using the Model to Guide Practice
- Justifying Treatment

9:00 am What is Postural Control and during Transitional Movements

**Neuro-Developmental Treatment Association**  
Intermediate Level  
1.40 ASHA CEUs

- An Essential Component of Postural Control
- A Critical Prerequisite for Arm and Leg Function

10:00 am Break

10:15 am LAB: How to Identify and Treat Postural Control Problems

- Assessing and Treating Faulty Base of Support
- Re-education of Timing and Control for Dynamic Stability
- Developing Postural Control needed for Transitions
- Using Transitions to Improve Postural Control

12:00 pm Lunch

1:00 pm LAB: Exploring Transitions: Facilitation of Basic Components

- Sit to Stand
- Bed Mobility
- Transfers

3:00 pm Break

3:15 pm LAB: Exploring Transitions: Facilitation of Basic Components – continued

- Scotching
- Floor Transfer and other Complex Transfers

5:00 Adjourn

#### Day 2

8:00 am Documenting Goals and Critical Aspects of Progress

8:30 am Transitions During ADL's and Function

- Issues and Problem-solving
- Transitioning from Movement to Function
- Suggestions for Optimal Patient Involvement
- Incorporating Transitions into HEPs

9:00 am Stepping, Gait and Chair Climbing as Functional Transitions

- Critical Prerequisites for Safe Function in Standing and Walking
- Problem Identification
- Understanding and Facilitating a Variety of Upright Transitions

9:45 am Break

10:00 am LAB: Assessing UE Challenges – Facilitating Functions Use of the UE's

- Developing Critical Components for Function
- Promoting Activation
- Facilitating the Critical Interaction of the Arms with the Head and Body

12:00 pm Lunch

1:00 pm LAB: Problem-solving in Relation to Transitions

- Sensory and Perceptual Deficits
- Breaking the Transition into Components to Treat the Individual with Many Impairments
- Progression and Grading
- Adjuncts and Assistive Devices
- Addressing Multiple Impairments Simultaneously
- Progression from Alignment and Activation to Reeducation

2:30 Break

2:45 Patient Demonstration / Case Studies

3:45 Discussion

4:00 Adjourn



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