COURSE DATE: March 9, 2019

TITLE: Introduction to Neurological Gait

DESCRIPTION: This course is an introductory course that will provide insight into typical gait patterns, impairments and abnormal movements associated with neurological injury. The course will cover normal/abnormal gait, postural control, and upper extremity/trunk and lower limb interplay related to gait. Lecture, lab, task analysis, problem-solving, and experiential learning will help participants improve their problem solving and handling skills for treating neurological gait.

OUTCOMES:
1. Identify phases of normal gait.
2. Identify primary and secondary impairments related to abnormal gait.
3. Integrate knowledge of anatomy, kinesiology, motor learning, neuroplasticity, and function in designing the most effective treatment plan for gait.
4. Demonstrate proficiency with basic handling strategies for transfers and gait.
5. Generate a systematic approach/problem solving approach for use of assistive devices and braces.

INSTRUCTOR: Gail McGaughy, PT, C/NDT, CLT, CBIS, CCIP
Gail McGaughy, PT, C/NDT, CLT, CBIS, CCIP has been a PT for 20+ years with emphasis and specialty in neurological disorders primarily serving adult population. Gail has worked in Inpatient Rehab for 15 years and currently works in Outpatient Neuro Rehab at On With Life (onwithlife.org) in Ankeny, IA since 2013. Gail is certified in NDT 2002, Lymphedema 2009, LSVT BIG for Parkinson’s 2011, CBIS 2011 and CCIP 2018. Gail has attended NDT Advanced Gait and Advanced Problem Solving and Handling training as well as presented continuing education in the Milwaukee area and Iowa for Gait, Postural Control, Parkinson’s (BIG) and NDT. Gail has a passion for the neuro population and particularly loves Gait and getting people moving.

LEVEL: Introductory

AUDIENCE: PT, PTA, OT, COTA

TIME ORDERED AGENDA:

7:30 AM   Registration Opens
8:00 AM   Introduction
8:30 AM   Postural Control and Intervention session Triad
9:30 AM   Normal Phases of Gait
10:30 AM  Break
10:45 AM  Abnormal/Atypical Gait patterns and related impairments
12:00 PM  Lunch (on your own)
1:00 PM   Normal and Abnormal movement lab and handling strategies for neurological gait.
3:00 PM   Break
3:15 PM   Gait Devices and Orthotics
4:30 PM   Questions / Adjourn

Register Online: http://bit.ly/ce11383
PRE-COURSE ASSIGNMENT:
Be familiar with Rancho Los Amigos Phase of Gait terminology.

Read- Principles of Experience-Dependent Neural Plasticity: Implications for Rehabilitation After Brain Damage by Jeffrey Kleim and Theresa Jones

Automaticity of walking: functional significance, mechanisms, measurement and rehabilitation strategies by David J Clark

REQUIRED COURSE MATERIALS: Dress appropriately for lab and accessibility to the lower limb.

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