



Challenges in Gait: A Virtual NDT Workshop

Sunday November 8, 2020

Workshop Description

For individuals' post-stroke or brain injury to be truly independent when walking, they need to be challenged beyond forward walking. Many individuals continue to walk with gait deviations, and therefore struggle to walk at different speeds, on different surfaces, to change directions, and combine gait with other activities. This one-day virtual workshop will present NDT principles related to preparation for and treating in function during standing and walking. This workshop will focus on strategies to facilitate the trunk, UE and LE with the goal of improving gait, by exploring challenges in standing, and during various gait activities.

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.

Workshop Objectives

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

1. Identify components of typical gait
2. Identify major impairments that interfere with gait and gait activities in an individual post stroke or brain injury
3. Explore treatment strategies to address impairments which limit an individual's functioning in standing and gait

Instructor: Karen Guha, PT, BScPT, C/NDT, CIDN, NDTA Coordinator Instructor

Karen Guha is a registered physical therapist who graduated from the University of Toronto in 1996 with a BSc PT. Karen worked in the United States for 3 ½ years treating individuals with neurological diagnoses in both the inpatient and outpatient settings. She returned to Canada in 2000 and began working at Grand River Hospital (GRH), Kitchener, Ontario. Karen worked on the acute stroke unit, inpatient and outpatient neuro rehabilitation settings at GRH. She presently works in the outpatient Neuro Rehabilitation Clinic at GRH treating individuals who suffer from stroke, acquired brain injury, spinal cord injury and other neurological diagnoses. In addition, she works with individuals privately in their home or community and at Back Works Spinal and Sports Rehabilitation, Waterloo, Ontario. Karen has over 20 years' experience working with individuals with neurological impairments.

Karen began her NDT training in 1998 by completing her Certificate Course (for adults with hemiplegia), and has since taken several advance level courses. In 2002 Karen became an Instructor Candidate and began assisting on various NDT courses. Karen became a NDTA PT instructor in 2007 and a NDTA Coordinator Instructor in 2011.

Karen is also qualified to teach NDT Advanced courses. She has taught NDT courses in Canada, the United States and internationally. Karen became certified in Integrated Dry Needling in 2017.

Requirements: Participants must be a registered Physical Therapist, Occupational Therapist, Therapy Assistant or Registered Kinesiologist who work with individuals who have suffered from stroke, brain injury or other neuromotor disorders.

You will need to have access to Zoom and You Tube.

Tuition: The fee for this 1-day course is \$240.00 CAD, plus HST. This price includes the optional Lab Component. Accepted forms of payment include cheque payable to Back Works Spinal and Sports Rehabilitation, credit card or e-transfer. Tuition includes course materials which will be provided electronically.

Cancellation Policy: Cancellations must be received in writing and all refunds are subject to a \$40.00 administrative fee. After **Oct. 23, 2020**, and in the event that a replacement cannot be found, no refunds will be granted.





**Challenges in Gait:
A Virtual NDT Workshop
Sunday November 8, 2020**

Schedule

8:30 - 8:45	Introduction
8:45 - 9:30	Typical Gait
9:30 - 10:00	Understanding Gait Dysfunction
10:00 - 10:15	Break
10:15 - 11:15	Bombarding Mid Stance
11:15 - 12:00	Facilitating Gait
12:00 - 12:30	Lunch
12:30 - 1:15	Backward Stepping
1:15 - 1:45	Turning
1:45 - 2:00	Wrap Up
2:00 - 3:00	Optional Lab Practice – Group 1 – 2 participants
3:15 - 4:15	Optional Lab Practice – Group 2 – 1 participant + friend or family member

**Challenges in Gait - Registration Form
Sunday November 8, 2020**

Please complete the following information legibly and mail, fax or e-mail it back with payment. Participants are not considered registered until payment is received. Confirmation and receipts will be sent via email.

E-mail to admin@backworks.ca or fax to (519) 746-8346 or mail cheque to:

Back Works Spinal and Sports Rehabilitation
99 Northfield Drive Suite 102
Waterloo, Ontario, N2K 3P9

Name and credentials as you would like it to appear on your certificate:

Name: _____ Credentials: _____
City: _____ Phone: _____
E-mail: _____ Profession: _____

- Workshop Only: \$225.00, plus HST (\$254.25 CAD)
- Workshop & Optional Lab: \$240.00, plus HST (\$271.20 CAD)
- I will be participating with another participant for the lab portion
- I will be participating with a friend or family member for the lab portion
- I am unsure of who I will be participating with for the lab portion at this time

Payment Options:

- Cheque payable to Back Works Spinal and Sports Rehabilitation
- Visa
- Mastercard
- eTransfer to admin@backworks.ca

Name as it appears on credit card: _____

Credit Card Number: _____

Expiration: _____

