



Explore the Core:

Practical Techniques to Improve Postural Control to Support Development for Better Outcomes



PRESENTER

**Leslie Paparsenos, PT, MS,
Physiotherapist, C/NDT**
National and International Lecturer
Certified Pediatric NDTA™ (USA)
Instructor



WHEN

Thursday, March 16, 2023
8:00 AM — 3:00 PM EST

INSTRUCTION

METHODS: Lecture, live demo., videos, lab, PowerPoint, studies

LEVEL: Intermediate

TARGET AUDIENCE OTs, OTAs, PTs, PTAs



WHERE

LIVE-IN PERSON CONFERENCE

1580 Coney Island Ave
Brooklyn, NY 11230
(Q-Train)



FEES

\$249 *Before February 16
\$269 *After February 16

(Group of 3+ save 10% - list group members and use coupon code Team3save10 at checkout)



ACCREDITATION

6.0 contact hours

0.6 AOTA CEUs
0.6 NY OTs/OTAs CEUs
6.0 NBCOT PDUs
7.2 NY PT CEUs
6.0 CEU for SLP in NY

Certificates will be awarded

Credits listed are offered by Theramoves for full conference attendance. Partial credit will be awarded for partial attendance.

Please contact Theramoves with any special needs' requests at least 2 weeks prior

Following the live conference, participants will complete a course evaluation and learning outcome measure.

DESCRIPTION

Poor core strength is prevalent across the school aged population! More and more children are entering school without the core stability necessary for upright postural control which is necessary for breathing, learning and socialization. Poor posture, breathing patterns, strength and endurance can lead to musculoskeletal issues - including pain. **This is a hands-on seminar where you will learn how to implement a quick postural assessment, as well as the evidence-based exercises interventions to combat these issues.** This is a valuable course for occupational therapy, physical therapy and speech language pathologist clinicians working in pediatric settings!

LEARNING OBJECTIVES

At the end of this seminar the participant will be able to:

1. Analyze posture from all views: anterior, posterior, and lateral
2. Execute a posture assessment based on video client
3. Identify optimal spinal and pelvic posture of efficient core muscle recruitment in order to maintain an upright seated posture in the classroom setting
4. Distinguish between energy saving and energy consuming breathing mechanics.
5. Link common postural issues seen in school-aged children with a minimum of 3 treatment strategies
6. Present a comprehensive treatment session strategy and home program for a video client in order to promote better learning, attention and engagement with peers



0.6 CEUs., an intermediate educational level, in the area of occupational therapy service delivery and foundational knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA

--TheraMoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (7.2 contact hours)

--Approved for 6 contact hours by NYSED's State Board for speech-language pathologists

AGENDA

- 8:00-10:00 Assessment of posture in three planes; Energy saving and energy consuming breathing mechanics; Small group analysis of posture for video client
- 10:00-10:10 Break
- 10:10-11:55 Treatment interventions: Linking breath with exercise; Improving head/neck alignment, scapular stabilization and pelvic stabilization
- 11:55-12:35 Lunch (on your own)
- 12:35 -3:00 Rib cage mobility; Advanced treatment interventions; using movable surfaces; sustaining postural muscle activity during mobility activities; Small group problem solving; video client assessment, treatment session plan and home program; Wrap-up; Adjourn

There will be a 10-minute break in the afternoon as well

PRESENTER BIO's

Leslie Paparsenos, PT, MS, C/NDT is an independent, pediatric therapy provider, licensed Physiotherapist in Australia, and licensed Physical Therapist in the United State of America. She specializes in evidenced based, pediatric rehabilitation, serving babies, children and adolescents across a spectrum of neurological and developmental disabilities, and their families. Leslie is a certified Pediatric NDTA™ (USA) Instructor, certified in Neurodevelopmental Treatment (NDTA™ (USA), and a certified clinical instructor by the APTA (USA). She has been teaching both internationally and nationally since 2007. Leslie is committed both to supporting therapists in their clinical development and assisting families and children in their journey to independence

DISCLOSURES: Financial: Leslie Paparsenos, PT, MS, C/NDT , will receive a speaker's honorarium from Theramoves Services for the presentation. Non-Financial: She has no non-financial relationships to disclose.

REFUNDS & CANCELLATIONS: A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to 7 days prior to the course. After that no refunds will be given for cancellations. We reserve the right to cancel any course due to extenuating circumstances. Please do not make non-refundable arrangements until you contact us &/or receive confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.