

Treatment Techniques for Core Strength and Coordination



Provider Reports CE/CME

48 HOURS

cebroker



PRESENTER

Leslie Paparsenos, PT, MS, Physiotherapist, C/NDT

National and International Lecturer Certified Pediatric NDTA™ (USA) Instructor



WHEN

On-Demand, anytime!

TARGET AUDIENCE

OTs, OTAs, PTs and PTAs

INSTRUCTION LEVEL: Intermediate

METHODS: Lecture, video analysis



WHERE

On-Demand Webinar

In the comfort of your home/school/clinic



FEE

\$79



ACCREDITATION

2.0 contact hours,

0.2 AOTA CEUs

2.5 NBCOT PDUs

2.4 NY PT CEUs

2.0 **NJBPTE CEUs**

approval #2306-44

CE Broker Tracking #20-1082984

for OTs and PTs in select states only!

Certificates will be awarded

Credits listed are offered by Theramoves for full attendance (no partial credit).

Learning outcomes/course evaluation/post-course quiz will be completed online. A score of 70% or more is required to receive the certificate of completion.

DESCRIPTION

Approximately 15% of students are in special education in the United States, which has increased by 2% since 2020. Many of these children demonstrate poor coordination as an underlying impairment, impacting their ability to fully participate with their peers during the school day. Poor coordination may lead to difficulties in the classroom, with peer-to-peer interaction and challenges with mental health. We are in a unique position as physical therapists, occupational therapists, and speech language pathologists to help these children gain confidence in their movement skills and improve their peer-to-peer interaction.

This webinar will discuss a critical area of need for these children - improving core strength and coordination. A review of alignment, base of support, and their impact on specific muscle strengthening will be provided. Specific treatment strategies and modifications for progression will be discussed.

AGENDA

- 15 min Diagnosis associated with poor coordination, functional consequences, and possible school-related adaptations.
- 35 min Understanding the core; Correlation of alignment, base of support, posture, and respiration with the core.
- 50 min Exercises for core training, respiration, coordination, and modifications; respiration, upper core, lower core, and putting it all together; Hand-eye coordination, fine motor coordination, eye-foot coordination, bilateral coordination.
- 20 min Learning through a case study

LEARNING OBJECTIVES

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

1. Correlate at least three functional consequences for poor coordination for the school-aged child.
2. Determine optimal spinal and pelvic posture for efficient core muscle recruitment.
3. Link at least 3 possible modifications for exercises and reasons for those modifications.
4. Link at least three ways to practically apply core training during treatment sessions.

PRESENTER'S BIO

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

REFUNDS & CANCELLATIONS: No refunds for “on demand” webinars will be issued.

This continuing education program is available to all physical therapist and physical therapist assistants in the state of NJ, NY, CT, and all 50 states in the US on a non-discriminatory basis.



TheraMoves is an AOTA Approved Provider of professional development. Course approval # 07371. This distant learning-independent course is offered at 0.2 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 (2.4 contact hours)
- 2.0 **NJBPT CEUs** approval #2306-44