

Outline

The Gait Cycle & Biomechanics

Dynamic motor control
Drivers of gait
Quick, natural gait data collection
Best practices in assessment
Gait & Fall risk assessments

Movement Gone Astray: Gait Challenges

Proprioception's role in gait and movement
Pain with movement and gait
No fluidity
Foot drop
Antalgic gait
Trendelenburg gait
Spasticity and ataxia issues
Stair and curb negotiation
Inconsistent stride length, cadence or path of travel
Decreased proprioceptive feedback post-op or post-injury
Fear of falling
Peripheral neuropathy
Muscle weakness

System Framework for Postural Control

Balance strategies for ankle, hip and stepping
Restore somatosensory input
Remapping the brain – neuroplasticity
Incorporate the vestibular system
Clinical symptoms of fatigue
Amy Cuddy's power poses & posture

Objectives

1. Analyze gait from the perspective of its' energy, flow and symmetry.
2. Inspect how proprioception affects movement and movement pattern restoration.
3. Integrate multiple approaches for better outcomes, including balance and gait training, and neuromuscular re-education.
4. Appraise using therapeutics that enhance proprioception, resistance, assistance and a combination of all of these to address patients with gait, balance, mobility and chronic pain issues.
5. Determine the influence of the VOR (Vestibulo-Ocular Reflex) on gait, movement and balance.
6. Assess integrating Amy Cuddy's power poses as an effective intervention in the treatment of gait, balance and pain disorders.

In Action: Common Conditions and Diagnoses with Gait Challenges

TBI
Stroke
Chronic pain
MS
Lower extremity amputations and prosthetics
Parkinson's disease
Spinal cord injury
Amputees

Functional Exercise and Gait Training and Tactical Interventions

Perturbation based training
Footwear selection
Orthotics
NewGait harness
Proprioceptive interventions

Live Webinar Schedule

(Times listed in Central)

10:00 Program begins

12:00-12:30 Lunch Break

5:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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Movement Pattern Restoration

Energy, Flow and Symmetry of Gait



Live Interactive Webinar
Tuesday, March 9, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

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Join us online, for this live training!

Movement Pattern Restoration

Energy, Flow and Symmetry of Gait

- Assess and correct gait deviations through neuromuscular re-education
- Improve movement patterns by combining neuroplasticity and proprioception
- Spend MORE time doing functional exercise in your sessions
- Improve patient outcomes in fewer visits!



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Movement Pattern Restoration

Energy, Flow and Symmetry of Gait

When you have a patient that is just not responding to treatment, it can make you feel hopeless.

And when those patients are in a state of disuse combined with their sedentary lifestyle, the CNS adapts and they lose even more mobility.

With the boomers getting older, you're only going to see an increase over the next few years which is why CMS has pushed so hard on fall reduction programs. Gait deviations lead to issues throughout all aspects of life.

With this simple and effective method, you will have the ability to treat your patients in ways you couldn't before - strategies for all of the common issues that you treat with gait impairment including: TBI, stroke, MS, Parkinson's and chronic pain. You'll learn strategies to:

- Quickly pinpoint asymmetries
- Correct gait compensations
- Combine proprioception and neuroplasticity for improved outcomes

We'll also incorporate a new therapeutic tool that effectively works to "remap the brain" - restoring movement patterns and creating a sensory-motor feedback loop. When you can quickly make improvements to gait - **you can spend more time doing functional training!**

Imagine the gratification you'll feel after you have restored mobility and independence! Register now to forever change your patients' lives.



Target Audience:

SPTs • PTAs • OTs • COTAs • Exercise Specialists / ATCs • Orthotists / Prosthetists
Physician Assistants • Nurses • Rehab Nurses • Nurse Practitioners
Senior Center Staff and Administrators • Private Practice Owners



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Meet Your Speaker

Shelly Denes, PT, CFPS, C/NDT, is an expert in fall prevention and neuro-rehab with more than 25 years of experience treating patients with hemiplegia, neuromuscular disorders, TBI, and SCI. She has a special interest in advanced technology and has been involved extensively with neuroprosthetic devices, lower extremity orthotics, and exoskeleton robotics.

Ms. Denes travels nationally to present seminars on fall prevention and geriatric rehabilitation, and she is known for her dynamic, hands-on teaching style. She has also shared her insights with practicing professionals in varying settings. Additionally, her expertise has been presented through expert witness work, both nationally and locally. Ms. Denes is a graduate of University of Michigan's PT program, and she earned her certification in Neurodevelopmental Treatment for Adult Hemiplegia (NDT) from Rehab Institute of Chicago. She is also earned certification as a Fall Prevention Specialist with Evergreen Certifications and sits on their advisory board.

Speaker Disclosure:

Financial: Michel Janet (Shelly) Denes has an employment relationship with the Center for Spinal Cord Injury Recovery. She receives a speaking honorarium from PESI, Inc.

Non-financial: Michel Janet (Shelly) Denes has no relevant non-financial relationship to disclose.

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