Retraining Control of Movement in the Person with Neurological Impairment

Part B: Gait & Lower Limb Control (2 days)

This course is the second part of a two part series addressing Functional Movement Retraining in the Person with Neurological Impairment.

This two day course focuses on gait, and rehab of lower limb dysfunction from the pelvis down to the foot.

Understanding normal gait components, and the effect of restrictions on control of gait is important.

Assessment focuses on gait components to diagnose movement control deficits at the lumbo-pelvic region, hip, knee, ankle and foot, and the causative factors behind the movement control deficits.

Rehab is therefore very specific to individual disability patterns and remains as functionally relevant as possible.

Distal control can be partly regained with proximal stability.

The mechanisms of uncontrolled motion are assessed at the knee in both tibial rotation and knee hyperextension with proximal stability in mind, as well as local knee movement pattern control deficits.

Testing of the key global stabiliser muscles, such as Popliteus, Tibialis Anterior and Posterior for the knee and ankle, and Gluteals, Oblique Abdominals,Iliacus and Psoas for proximal control is an important component for specific rehab of functional movement in the lower limb.

All the motor control retraining strategies suggested in this very practically orientated course can be integrated into your management of the more cognitively aware person with neurological impairment to maximise their recovery potential.

For people with less cognitive awareness and neglect the assessment and treatment of some sensorimotor training strategies are demonstrated.

These include oculomotor exercises, and primitive reflexes that significantly affect tone and movement control.

These additional exercises can improve cognition and help the client learn movement control exercises to restore function.

Course Tutor - Jacqui Clark GradDip.PT(UK), MSc(c), MCSP, NZRP

Jacqui Clark qualified as a Chartered Physiotherapist in 1989 in London. Since the early 1990's she has specialized in movement dysfunction and motor control and how this relates to pain and disability. From 1997 to date she has lectured extensively, tutoring postgraduate courses and conferences all over the world. Jacqui is highly motivated in the pursuit of a deeper understanding of the intricacies of human locomotion, and the integration of relevant motor control research into the clinical setting. She is living in New Zealand where she does her clinical practice. Her case load in Neurology includes people with head injuries, traumatic paraplegia or partial tetraplegia, people with hemiplegia due to brain lesion such as tumours, and stroke. Jacqui applies her in-depth understanding of movement and motor control to different neurological problems, facilitating and teaching each client to learn restored muscle control and functional movement patterns. She is currently undertaking her own research through Manchester Metropolitan University in England and the Neuromuscular Rehabilitation Institute in Canada. She is now an international post graduate lecturer with SMARTERehab and is Guest Senior Lecturer at Manchester Metropolitan University. Her courses are highly informative, logical and taught in an "easy to grasp" style.

Date: 26- 27 Nov 2010 (Friday and Saturday)

Time: 9:00 am – 5:00 pm

Fee: $4000 for each 2 days course, 10% discount for registration before 31 Aug 2010.

For interested candidate, please prepare the cheque in the name of HEMAX Health Products Company Limited, with your name, address, email and telephone number on the back and send to Rm 1508, Hollywood Plaza, 610 Nathan Road, Mong Kok. Please feel free to visit www.smarterehab.com http://www.smarterehab.com, or contact Mr. LAU at 2111 2880 / on.lau@hemaxhealth.com for any questions.

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