

Course Information

Date: March 24, 2012

Location: Pittsburgh, PA

(exact location TBA)

Time: Saturday March 24

8:45-5:30

(Registration begins at 8:15)

CEUs: 7

Cost: \$250

All proceeds from this course will be donated to the Foundation for Physical Therapy as part of the Pittsburgh-Marquette Challenge



Registration

Name:

Address:

Phone Number:

Email: (required to receive course handouts)

Mail completed form and check to:

Pitt-Marquette Challenge

6035 Forbes Tower

Pittsburgh, PA 15260

Make check payable to:

The Pitt-Marquette Challenge

*Additional course information available at
Pittmarquettechallenge.com*

*Email pittmarquettechallenge@gmail.com
with questions.*

Balance Rehabilitation: Translating Research into Clinical Practice

Featuring:

*Anne Shumway-Cook,
PT, PhD, FAPTA*

Professor Emeritus,

University of Washington

March 24, 2012
Pittsburgh, PA

7 CEUs

Pittsburgh – Marquette

CHALLENGE
2011-2012

About the Speaker

Anne Shumway-Cook, PT, PhD, FAPTA is a Professor Emeritus in the Department of Rehabilitation Medicine at the University of Washington, Seattle, Washington. Her research focuses on understanding the physiologic basis for balance and mobility disorders in neurologic and geriatric populations, and the translation of this research into best practices related to assessment and treatment of balance disorders. She has published extensively, and is coauthor of the book Motor Control: Translating Research into Clinical Practice. Her clinical practice focuses on treatment of adults with balance and mobility impairments; she has helped to develop a number of hospital and community-based fall prevention programs.

Course Description and Objectives

The overall goal of this course is to discuss new concepts in the assessment and treatment of balance impairments leading to loss of functional independence and falls in both neurologic and geriatric populations. The course will briefly review some of the research related to physiologic basis for normal and impaired balance, and consider the application of this research in the assessment and treatment of balance disorders.

Objectives:

1. Discuss the control of balance within a dynamic systems model, and within the International Classification of Function, Health, and Disability.
2. Describe sensory, motor, and cognitive contributions to normal and impaired balance in older adults and those with neurologic pathology (stroke).
3. Demonstrate clinical methods for assessing sensory, motor, and cognitive aspects of balance control.
4. Based on a review of the research evidence, discuss current best practices related to training sensory, motor, and cognitive aspects of balance control.

Course Schedule

- 8:15-8:45 Arrival, registration, and refreshments
- 8:45-9:00 Welcome and introduction
- 9:00-9:30 Introduction to balance
- 9:30-10:30 Motor contributions to normal and impaired balance
- 10:30-11:00 BREAK
- 11:00-12:00 Sensory and cognitive contributions to normal and impaired balance
- 12:00-1:00 LUNCH
- 1:00-1:30 Assessment of balance introduction
- 1:30-2:30 Assessment lab
- 2:30-3:15 Evidence-based treatment
- 3:15-3:30 Introduction to treatment case studies
- 3:30-4:00 Small group case study
- 4:00-4:15 BREAK
- 4:15-5:15 Group discussion: treatment case studies
- 5:15-5:30 Summary and closing remarks

