

Presented by the Golden Gate District CPTA

Aware and Compare™ Using Brain/Body Plasticity to Your Advantage in One Session

January 28, 2012

Course Speaker: Judith Dambowic, PT, FP has been blending her Feldenkrais and Physical Therapy experience to develop a hybrid called Aware and Compare™ which she uses to treat patients with complex neurological, orthopedic and chronic pain conditions.

This course has been approved for 0.7 CEUs by the CPTA

Location: Kaiser Oakland

\$150 APTA members Early Bird: \$140 if received by January 3, 2012

\$240 non-members Early Bird: \$225 if received by January 3, 2012

Course Description: A combination of lecture, case based activities and experiential lab practice will be used to achieve the objectives of this course.

This class will present a framework for identifying the underlying functional patterns related to a limitation. We'll begin with a review of references that support using integrative neuroscience in rehabilitation, including the importance of kinesthetic learning, why conventional strength training of muscles may **not** generalize to "functional multiplanar" tasks, and dysfunctional motor patterns may be due to learning, not weakness

We will investigate and learn how "to teach" dynamic postures such as dynamic sitting, standing, weight shifting, bending, turning and walking. We will apply these concepts to activities at home, work and play, taking advantage of neural plasticity to enhance learning. Your patients will retain and expand on the new information and make it their own. *This process is incredibly satisfying for them and for you as a practitioner.*

AWARE and COMPARE is a teaching method for learning new motor skills or recovering lost ones. **AWARE** highlights intrinsic feedback from the sensory receptors. That felt experience gained from curious, relaxed attention to movement gives us something to **COMPARE**. You the therapist augment the feedback to develop the relationship between the parts into coordinated, whole body movement. When patients understand "how to learn" "on a kinesthetic level, the changes they make in therapy last.

This course is designed for licensed physical therapists in all practice settings including inpatient, outpatient and home care.

COURSE OBJECTIVES:

- ❖ Experience a paradigm shift for management that can be used for all patient settings
- ❖ Enhance outcomes by teaching the neuromuscular re-education techniques of “Aware and Compare”
- ❖ Quickly identify underlying dysfunctions
- ❖ Increase opportunities for teaching with options in either sitting or standing postures
- ❖ Your job becomes more pleasurable

COURSE AGENDA:

- 8:00 --8:30 Registration
- 8:30 – 8:45 Introductions
- 8:45 - 9:15. Overview, Research review, Concepts of ‘Aware and Compare’
- 9:15 - 10:15 Dynamic Sitting Lecture
- 10:15-10:30 Short Break
- 10:30 -11:30 Dynamic Sitting - Demo
- 11:30 -12:30 Practice Sessions
- 12:30 –1:30 Lunch
- 1:30 – 3:00 Essential use of the hips: lecture and demonstrations
- 3:00 – 3:30 Stance, weight shift, gait – practice session
- 3:30 - 3:45 Break
- 3:45 – 4:45 Bending, turning – practice session
- 4:45 – 5:00 Summary, questions, evaluations

Minimum: 12 participants; Maximum 32 participants

PARTICIPANTS

PT’s and PTA’s

Less than 50% of the contents of this course deals with evaluation and therefore this course is open for registration to PTA’s. There may be certain activities taught that by law cannot be performed by the PTA.

REGISTRATION

Name: _____
 Address: _____

 Phone: _____
 Fax: _____
 E-mail: _____
 PT license #: _____
 Confirmation by e-mail OK? Yes No
 Please make check payable to:

Send registration and check (payable to GGD/CPTA) to:

Terry Randall
 7547 Valentine Street
 Oakland, CA 94605
 email: teresa.randallcarr@yahoo.com
www.goldengate-cpta.org
 Refund Policy: There is a 10% cancellation fee for cancellation after the registration deadline. The Continuing Education Committee reserves the right to cancel any of its courses if the minimum number of participants is not met. A full refund will be made in these instances.

BONUS CLASS!

Participants will receive a coupon to take a free online course for .15 CEUs (CEU’s pending) upon completion of Aware and Compare: Using Brain/Body Plasticity to Your Advantage in One Session.

Title: Innovative Approaches for Evaluating and Managing Chronic Pain

Instructor: Judith Dambowic PT

Offered through: Kaiser Hayward PT Fellowship in Advanced Orthopedic Manual Therapy: