

Course Description

Postural control and directional balance loss are evident in older adults and those with orthopedic and neurological disabilities. This intermediate Balance-Based Torso-Weighting course identifies three-dimensional balance loss through specific testing of static, anticipatory, and reactive control. This class trains the clinician in strategic weighting protocols to address three-dimensional balance loss with weighted orthotics to immediately stabilize the core and torso to improve postural control.

This course provides both self-paced Pre-Webinars and low instructional ratio In-Person (Max 14:1), Virtual Live (Max 8:1) or combination hybrid training. The Pre-Webinars provide the background, evidence, assessment, and strategic weighting protocols prior to hands-on training. All Virtual or In-person follow-up labs include hands-on patient volunteer cases. Virtual live training and volunteer patient treatment will be scheduled upon request.

The hands-on training integrates the assessment and technology with patient volunteers to ensure the clinician understands and implements the procedures with best practice. Case review of each volunteer throughout the sessions enable clinicians to reflect and understand the implications of the technology across patient populations and levels of disability.

The in-person, live virtual and hybrid class are the same with exception of enrollment numbers. Virtual application sessions may be split in to separate sessions versus two-day hands on training.

Goal

The attendee will become competent in the practice of Balance-Based Torso-Weighting

Objectives

By the end of the Pre-Webinars attendees will be able to:

- Recite three evidenced based research studies of Balance-Based Torso-Weighting (BBTW).
- Describe two ways to improve the chances of adaptive neuroplasticity.
- Review anatomical muscles of the trunk and actions.
- Identify the magnitude, velocity and directional loss of balance from videos with 80% accuracy.
- Document and determine the balance loss score on the assessment form with 80% accuracy.

By the end of the lab the attendees will be able to:

- Apply perturbation to the torso with accurate hand placement and speed with 80% accuracy.
- Apply strategic weights on the torso per protocols to improve reactive control of balance in volunteers with 80% accuracy.
- Analyze differences in qualitative versus quantitative movement of pre and post balance and gait measures to determine benefit of strategic weighting
100% of the time.
- Justify the orthotic type to use with BBTW with 80% accuracy.
- Demonstrate assessment and first two strategic weight placements with 80% accuracy.

Certification Requirement:

- Produce a written case report and perform the assessment online or via video with 90% accuracy.



Date: August 6, 2022

Venue: Mobility Specialist

16 Industrial Blvd. Suite 101, Paoli, PA 19301

Phone: 610-484-6232 (Jill)

Redefine Health – 21.75 CEU 2.175 CCU

AL, AK, AZ, CA, CO, CT, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, ME, MA, MI, MS, MO, MT, NE, NH, NM, NC, ND, OR, PA, RI, SC, SD, TN, UT, VT, VA, WA, WI, WY

Target Audience - PT, PT Student, PTA

This course is designed to present and review the basics of assessment, evaluation and treatment for patients who present with balance problems.

Participants should use the materials according to their state/jurisdictional regulations.

This course is relevant to physical therapists (PT), PT students, and PT assistants as the focus is on balance which is needed for everyday activities. It is designed to present and review the basics of assessment, and treatment for older adults and those with neurological dysfunction who present with balance problems.

- The PT, (PT -student second year) benefits from all aspects of the course from initial evaluation through the development of an inter-professional Plan of Care (POC) as well as the introduction and practice of Evidence Based treatment techniques.
- The PTA benefits from the understanding of the components and theory behind the evaluation process, and experience in testing techniques as well as treatment methods which would be determined in the POC designed by the therapist.

Participants will practice with the BalanceWear assessment device

>> 5 - 1/2 pound weights

>> 6 - 1/4 pound weights

>> 4 - 1/8 pound weights

>> 2 - 1/16 pound weights



BalanceWear Assessment Device : \$499
Motion Therapeutics will allow attendees to utilize an assessment kit during training or they may purchase the kit ahead of virtual training.

Seminar Outline

Directional Postural Control Assessment and Strategic Weighting to Control Balance

Pre-Webinar – 4.25 Hours

Register online at www.balanceweareducation.com

- Introduction to Balance-Based Torso Weighting: BBTW
- Review Evidence for Practice
- Identify and Document Static and Reactive Loss of Balance with 80% accuracy
- Learn Beginning Weighting Strategies
- Practice perturbation using the Active5 to develop correct forces
- Review Anatomy of the trunk
- Practice skills learned in webinar prior to Lab

Watching the Webinar is mandatory.

80% accuracy on written test post webinar is required.

In-Person Lab / Virtual Schedule will be determined with participants

Day 1 – 8:30 AM – 5:30 PM

08:00 – 08:15 Registration

08:45 – 10:00 Lab-Directional Balance Sitting/Standing Assessment

10:00 – 10:15 Break

10:15 – 11:30 Lab-Targeting Sensory Input for Directional Balance Control

11:30 – 12:00 Lab Practice Sensory Versus Rigid LSO

12:00 – 12:45 Lunch Break

12:45 – 01:45 Demonstration with Volunteer Patient

01:45 – 03:30 Volunteer patient Lab

03:30 – 03:45 Break

03:45 – 05:00 Volunteer Patient Lab

05:00 – 05:30 Review and Case Presentations

Hybrid Virtual Classes

Specific times will be scheduled with Participants

Please see examples below

Review Perturbations, Questions, Practice

Schedule three separate patient labs with instructor

09:30 – 11:00 Volunteer Patient Lab

11:15 – 12:45 Volunteer patient lab

Case presentation

02:00 – 03:15 Volunteer Patient Lab

Case presentations 04:30 – 05:15

Demonstrate BBTW Technology 05:15 – 05:30

Questions and Answers

Integrate BBTW into clinical practice

Certification Requirement –

2 Hours Written case report and video or live virtual demonstration of a patient

REGISTRATION FORM

BBTW Seminar: \$499

Name: _____

Profession: PT PTA

Phone Number: _____

Contact us about special accommodation requirements.

Name of Institution, Company or Facility:

Address: _____

City: _____ State: _____ Zip: _____

E-mail Address: _____

Send registration to:

Motion Therapeutics, Inc. 888.330.2289 Voice

PO Box 13242 510.254.3371 Fax

Oakland, CA 94661 john@motiontherapeutics.com

Register On-line at www.motiontherapeutics.com

Refund & Cancellation Policy: Motion Therapeutics, Inc. reserves the right to cancel or reschedule this seminar on one(1) week's advanced notice due to an insufficient number of registrants or other unforeseen circumstances.

Under these circumstances, seminar fees will be returned in full to the registrant. Please note that Motion Therapeutics, Inc. is not responsible for any participant expenses other than a refund of the seminar fee. All participant cancellations must be received in writing 10 days before the first day of the seminar for full refund. For cancellations received 10 days or less before the seminar day, the seminar fee will be returned less a \$100 administrative fee.



Cynthia Gibson-Horn, PT

is a graduate of University of Wisconsin, developed BBTW in her clinical practice. She collaborated with several researchers to complete studies in Multiple Sclerosis, Parkinson's Disease, elderly, and ataxia. She has presented her work at several International, National, and Local meetings. She designed and patented strategic weighting products. Cynthia Gibson-Horn is the owner and has financial interest in Motion Therapeutics that produces the BalanceWear product line.



Curry Durborow, PT, DPT

is a graduate of the Drexel University Programs in Rehabilitation Sciences Physical Therapy Program. She received her BS in Kinesiology from Penn State University. Since 2005, Curry has worked full time physical therapist, first in inpatient rehab and now in the outpatient department at Bryn Mawr Rehabilitation Hospital in Malvern, PA. She specializes in the treatment of patients with neurologic and vestibular disorders, and is active in research involving BBTW. She is adjunct Faculty member at Drexel University.

Disclosures: Motion Therapeutics produces the BalanceWear product line that used in the online classes. Primary instructor was the clinical researcher who performed the strategic weighting in the research presented in this course and may have bias. Instructors are paid an honorarium for teaching. (Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors.)

This course is made available to all physical therapists and therapist assistants on a non-discriminatory basis. NOTE: Redefine Health maybe contacted with any concerns or regarding Motion Therapeutics identification number or number of hours which the class has been approved.