Redefine. Health Education

**Directional Balance Assessment and Strategic Weighting
Balance-Based Torso-Weighting® (BBTW)**

5 Pre-recorded Webinars plus virtual live, in-person, or hybrid training

Sponsored by:
Motion Therapeutics
The Mind-Body Correction™
www.motiontherapeutics.com

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.

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/jurisdicial 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®

BalanceWear Assessment Device : $550
Motion Therapeutics will allow attendees to utilize an assessment kit during training or they may purchase the kit ahead of virtual training.

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Seminar Outline

Directional Postural Control Assessment and Strategic Weighting to Control Balance

Pre-Webinar – 4.25 Hours

Register online at www.balancewareducation.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

Time	Activity
08:00 – 08:30	Registration
08:30 – 10:00	Lab-Directional Balance 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 – 01:15	Sitting Perturbation and Strategic Weighting
01:15 – 02:30	Instruction Demonstration with Volunteer Patient
02:30 – 03:00	Measurement and Fitment
03:00 – 03:15	Break
03:15 – 04:45	Volunteer Patient Lab
04:45 – 05:30	Case Presentations

Day 2 – 8:00 AM – 5:30 PM

Time	Activity
08:00 – 08:30	Registration
08:30 – 09:30	Review Perturbations, Questions, Practice
09:30 – 11:00	Volunteer Patient Lab
11:00 – 11:15	Break
11:15 – 12:45	Volunteer patient lab
12:45 – 01:30	Lunch Break
01:30 – 02:00	Case presentation
02:00 – 03:15	Volunteer Patient Lab
03:15 – 03:30	Break
03:30 – 04:00	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

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.