

**Haapsalu
Neurological
Rehabilitation
Centre**

*Sadama 16 Haapsalu Estonia
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Introductory Course in the Contemporary Model of NDT for Individuals post Stroke and Brain Injury - An Interdisciplinary Approach

**11 – 15 September
2023**

This **five day hands-on course** follows the NDT Philosophy and its clinical applications for adults post stroke and brain injury. This interdisciplinary course is designed to give participants basic knowledge about NDT and practical handling skills on how it is applied in clinical practice to promote recovery of function following neurological damage. There will be an emphasis on understanding the common impairments through astute clinical observations. The course format will include interactive laboratory sessions, patient demonstrations by the instructor, and group discussions. Information will be presented in a cross-functional manner to incorporate all rehabilitation disciplines and practice settings.

This course is open to OT, PT, and SLP professionals who work with adults post stroke and brain injury on a full or part time basis.

Investment: 300€
*including materials, lunches
& coffee-breaks*

**I WANT TO
REGISTER**

Additional info:
mairi.nigul@hnrk.ee
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Course Content

- Principles of NDT
- Basic clinical implications of Recovery of function and Motor Learning research
- Components of normal movement in functional activities
- Discussion of typical patient impairments
- Practice of treatment handling skills
- Demonstrations of patient treatment

Course Objectives

At the completion of this course the participants will:

1. Describe the basic principles and concepts of the NDT practice model.
2. Recognize what's possible for recovery based on research in the fields of Plasticity, Motor Learning, and Constraint Induced Movement Theory (CIMT), and how to 'set-up' this recovery in our rehabilitation environments.
3. Demonstrate skill for analyzing movement components in simple functional activities, including early gait and basic support functions of the UE.
4. Recognize major impairments that interfere with function in the adult client post stroke or BI.
5. Demonstrate basic options for handling skills to enhance efficient functioning.
6. Describe the critical elements of a successful intervention session based in the Participation and Activity domains of the ICF (International Classification of Function and Disability).

Accommodation:

You are welcome to stay in one of the following hotels, using the code gives a little discount

Hotell Promenaadi

info@promenaadi.ee/
code: REHA

Hestia Hotel**Haapsalu Spa**

booking@hestiahotels.com/
code: CAMP-HNRK

Fra Mare**Thalasso Spa**

admin@framare.eu/
code: HNRK 65

****If none of it appeals, look other options:**

<https://www.visithaapsalu.com/majutus/>

Instructor**Instructor Name:** Cathy Hazzard, NDTA™ Coordinator Instructor

Cathy Hazzard is a PT with over 34 years' experience working with adults with varied neurological diagnoses. Her clinical background also includes experience in orthopaedics. She obtained an MBA in 1993 while continuing to work as a PT.

She has been an NDTA™ CI in Adult Courses since 1998 and has taught all levels of NDT courses extensively throughout NA and internationally in Ireland, Hong Kong, Singapore, Estonia, Peru, Colombia, India, Qatar and Mexico. Cathy practiced in Calgary, Alberta, Canada for over 20 years in the acute, rehabilitation and outpatient phases of care.

She is now working in public and private practice on Vancouver Island, British Columbia.

Cathy has been an invited speaker at the NDTA™'s annual conferences in 2004, 2005, 2006, 2010, 2014, 2015, 2016, and 2022. She served as the Chair of the NDTA™'s Instructor Group from 2002 – 2005 and a member of the Board of Directors of NDTA™ from 2003 – 2007 and is currently serving a second term on the BOD. She has written 2 articles for the Neurosciences Division's journal, *Synapse*, of the Canadian Physiotherapy Association and numerous articles for the NDTA™'s *Network*. She is one of 5 editors for the NDTA book – NDT in Action, 2016.