

**Haapsalu  
Neurological  
Rehabilitation  
Centre**

*Sadama 16 Haapsalu Estonia  
+372 472 5400*

---

**25 – 29 September  
2023**

---

---

**Investment: 500€**  
*Including materials, lunches  
& coffee breaks*

---

---

**I WANT TO  
REGISTER**

---

---

**Additional info:**  
[mair.nigul@hnrk.ee](mailto:mair.nigul@hnrk.ee)  
**+372 55 541 889**

---

# **Neurodevelopmental Treatment (NDT) Advanced Course on the Upper Extremity**

This **five day NDT Advanced course** is specifically designed for therapists working with adults with neurological conditions. As a prerequisite to attend this course, participants must have completed the 5 day NDT Introductory course.

This course consists of lecture, lab handling sessions, patient treatment and demonstrations. Advanced patient handling skills will be developed through lab sessions, working with other participants, and during patient treatment by participants. Patient demonstrations and individual attention will be provided by the instructors to enhance the participants' handling and problem-solving skills. The working language is English.

## **Course Content**

- Biomechanical requirements and movements components in the upper quadrant including the thoracic spine and ribcage.
- Analysis of movement components for functional tasks in the UE.
- Discussion of the arm-leg connection.
- Assessment and identification of common impairments contributing to activity limitations in the upper quadrant in individuals with neurological conditions.
- Problem solving of treatment intervention strategies to enhance control and efficient functioning in the upper extremity.

## **Course Objectives**

At the completion of this course the participants will:

1. Identify normal movement components of the UE.
2. Discuss biomechanics of the UE.
3. Analyze atypical patterns of the UE which interfere with function.
4. Identify the relationship between missing components of movement and the compensatory strategies developed by adults with stroke and brain injury.
5. Synthesize information to develop appropriate intervention strategies for persons with neurological dysfunction as related to the UE.
6. Structure appropriate intervention strategies during treatment practicum.

**Accommodation:**

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

**Hotell Promenaadi**

[info@promenaadi.ee/](mailto:info@promenaadi.ee/)  
code: REHA

**Hestia Hotel****Haapsalu Spa**

[booking@hestiahotels.com/](mailto:booking@hestiahotels.com/)  
code: CAMP-HNRK

**Fra Mare****Thalasso Spa**

[admin@framare.eu/](mailto: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.