



## BACK WORKS SPINAL & SPORTS REHABILITATION PRESENTS

### TREATING THE INDIVIDUAL WITH ATAXIA USING AN NDT APPROACH

January 19, 2019

**Workshop Description:** This one-day workshop provides an opportunity for health care professionals to gain insight into treating the individual with ataxia. Treating the individual with ataxia can often be a very challenging experience for the clinician. Perhaps this is because we have focused on addressing the clinical symptoms rather than the underlying impairments. This workshop will explore primary impairments present in the individual with ataxia, current theoretical evidence and treatment strategies using a NDT approach. The overall objective of this workshop is to provide clinicians with knowledge and skills they can use in treating the individual with ataxia to promote positive functional outcomes.

#### Course Learning Objectives

Upon completion of the course the participants will:

- Gain knowledge of the current literature and how we use this information within the NDT Practice Model in treating the individual with ataxia.
- Identify major impairments interfering with normal movement and function in the individual with ataxia.
- Demonstrate handling skills to address impairments in the individual with ataxia and work within functional activities including activities in sitting, standing and gait.
- Demonstrate an increased repertoire of evaluation and treatment strategies for the individual with ataxia.

#### Instructor: Karen Guha, PT, BSc PT, NDTA™ Coordinator/Instructor, CIDN

Karen is a physiotherapist at Grand River Hospital and Back Works Spinal and Sports Rehabilitation. She received her Physical Therapy degree from the University of Toronto in 1996 and became NDT trained in 1999. Karen became a NDTA™ PT Instructor in 2007 and a NDTA™ Coordinator Instructor in 2011. In 2017 Karen completed her certification in Integrated Dry Needling. Karen has over 20 years' experience working with adults with neurological impairments in acute, rehabilitation and outpatient settings. Karen has taught NDT courses throughout North America and internationally.

**Course Format:** This workshop will include a short lecture and then laboratory practical sessions for the remainder of the day. During lab sessions, participants will have the opportunity to analyze normal movement and practice handling skills to facilitate functional movement patterns in normal adults. Participants will have the opportunity to problem solve how these handling skills will be modified when treating the individual with ataxia.

**Requirements:** Participants must be a Physical Therapist, Occupational Therapist, Speech Language Pathologist, Therapy/Rehab Assistant or Kinesiologist.

**Location:** Back Works Spinal & Sports Rehabilitation, 99 Northfield Drive, Suite 102, Waterloo, Ontario, N2K 3P9  
If you require accommodations, we have a corporate rate at the Best Western Plus. The cost per night is \$119 for standard or \$129 for the deluxe tower - both include a hot breakfast. To make a reservation call (519) 884-0100 and mention "Back Works" to receive our rate.

*We recommend securing accommodation early as local festivals; events and trade shows can result in hotels being booked.*

**Tuition:** The fee for this 1-day course is **\$250.00 CAD, plus HST**. Accepted forms of payment include cheque payable to Back Works Spinal and Sports Rehabilitation, or credit card. Tuition includes course materials, and morning and afternoon refreshments. Lunch is not included. Registration is accepted on a first-come first served basis, so register early to ensure a spot in the course.





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Please complete the following information legibly and mail, fax or e-mail it back with payment. Participants are not considered registered until payment is received. Confirmation and receipts will be sent via email.

E-mail to [admin@backworks.ca](mailto:admin@backworks.ca) or fax to (519) 746-8346 or mail cheque to

Back Works Spinal and Sports Rehabilitation  
99 Northfield Drive Suite 102  
Waterloo, Ontario, N2K 3P9.

**Name and credentials** as you would like it to **appear on your certificate**:

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_

City: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Profession: \_\_\_\_\_

Tuition: \$250.00, plus HST (\$282.50 CAD)

Payment Option:

- Cheque payable to Back Works Spinal and Sports Rehabilitation
- Visa
- Mastercard

Name as it appears on credit card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiration: \_\_\_\_\_

**Cancellation Policy:** Cancellations must be received in writing and all refunds are subject to a 10% administrative fee. After **December 3<sup>rd</sup>, 2018** & in the event that a replacement cannot be found, no refunds will be granted.