

Outline

Functional Neuroanatomy and Neuroplasticity

Neuroplastic changes following brain ischemia
Lost automatic movements and postural balancing
Theoretical approaches to Neurorehabilitation

Stroke Assessment Skills, Scales and Scores

Upper extremity assessment
Lower extremity assessment
Gait, balance and coordination
Strength, mobility and stability
Stroke specific executive function assessment

Mobility and Gait:

Optimize Walking Ability and Restore

Functional Mobility

Stellar documentation
Functional approach
Reverse the tide of chronic compensatory patterns
Gait training interventions to increase and optimize

- Root cause for impairments
- Gait speed and fall risk
- Active stretching
- Rhythm and coordination

Orthotics: friend or foe?

Supplementary devices to encourage volitional support

Spasticity Solutions for Post Stroke Patients:

Interventions and Techniques for Successfully Working with...

Chronic spasticity
Low level patients with spasticity
Upper and lower extremity

Post Stroke Orthotic Treatments: How You Can Use Orthotics with Patients to...

Maintain range of motion
Stabilize upper and lower extremities
Correct positioning and improve gait
Improve stability and efficiency while walking

Management of the Hemiplegic Shoulder

Subluxation
Decreased sensation
Weakness
Coordination

Extremity Pain Management

When does “no pain, no gain” ring true and when it does not?

Yellow or red flags
Pain alleviation techniques
Spinothalamic neuronal tract and pain management

Executive Function

Outcome measure for assessment and treatment
Its effect on the learning process
Its effect on patient prognosis

Pusher Syndrome and Motor Apraxia

Neurodevelopment treatment tactics
Outcome measure
How to reduce stress on patient and employee
Transfer practices
Evidenced-based Intervention

Visual Rehab After Stroke

Incorporated vestibular rehab into stroke rehab
Importance of visual processing
Cranial lesions and visual processing
Cranial nerves and visual processing

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- Facilitate functional return through neuroplasticity
- Reverse and eliminate compensatory movement patterns
- Maximize gait quality while reducing fall risk... And so much more!

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Objectives

1. Develop a specialty niche in your facility catering to acute and chronic stroke survivors.
2. Evaluate stroke survivors with assessment skills, scales and scores for extremity functionality, balance and stability.
3. Employ training interventions to optimize gait speed and reduce fall risk.
4. Determine root causes for stroke related impairments for more targeted treatment plans.
5. Investigate how exercise instills improved cognition and connect this information to treatment approach.
6. Employ a functional paradigm to stroke intervention and assessment.
7. Determine appropriate levels of intensity in stroke rehab to increase patient safety.
8. Use evidence-based techniques to more successfully work with spasticity in post-stroke patients.
9. Determine how post-stroke patients struggling with stability and walking efficiency can benefit from orthotic treatments.
10. Evaluate pain alleviation techniques that can be applied to manage extremity pain in post-stroke patients.
11. Analyze how vestibular rehab can be incorporated into stroke rehabilitation to improve gaze stability and reduce symptoms of imbalance.
12. Employ techniques that use the upper and lower extremity together instilling a proper messaging center to the paretic side of the body.

2-DAY Stroke Rehabilitation Certificate Workshop

This **Stroke Rehabilitation Certificate Workshop**, with its displayable certificate of recognition, is the perfect way for you to let patients, employers and colleagues know that you've invested time and effort into specialized training without the additional fees, forms and lengthy exams of credential granting certification programs.

Dr. Benjamin White is an expert in stroke rehabilitation, and an award-winning clinical instructor, who has helped countless stroke survivors leave their limitations behind.

Over 2 intensive days, Dr. White will make both evidence-based and cutting-edge resources available to you in a way that is instantly applicable to your work -- showing you how to turn years of research and practice into practical strategies and techniques so you can:

- Skillfully assess extremity function, gait, balance, coordination, executive functioning and more
- Optimize your patients' walking ability and restore their functional mobility
- More successfully work with spasticity in post-stroke patients
- Knowledgeably use orthotics to stabilize extremities and improve stability
- Manage extremity pain with today's best practices
- Restore executive functioning and visual skills

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Meet Your Speaker

Benjamin White, PT, DPT, MBA, C/NDT, LSVT BIG, is an expert in stroke rehabilitation who serves as the lead neurological therapist at a not-for-profit healthcare institution in Texas. A graduate of the University of Texas Health Science Center's physical therapy doctoral program, he has treated a wide array of neurological diagnoses over the years, from concussions and vestibular disorders to stroke, Parkinson's, and Guillain-Barre syndrome.

Dr. White is an award-winning clinical instructor, a renowned national speaker on stroke rehabilitation topics, and has published numerous articles on the topics of neuroplasticity and stroke. In addition, he serves on the Neuro-Development Treatment (NDT) publication committee and is the co-president of the Brazos Valley Parkinson's Association.

Speaker Disclosures:

Financial: Benjamin White maintains a private practice and has employment relationships with Common Spirit Healthcare, Baylor Scott & White, and the University of Texas. He receives a speaking honorarium from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Benjamin White has no relevant non-financial relationships.

Live Webinar Schedule - both days (Times listed in Mountain)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience:

Physical Therapists • Physical Therapist Assistants
Occupational Therapists
Occupational Therapy Assistants
Therapy Directors
Other Rehab and Healthcare Professionals

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