

Intermediate Workshop Programme

NB*Participants must have completed the introductory workshop previously

09.00-09.15	Registration
09.15-09.45	Revision of Thoery
09.45-11.00 <i>Include 15 break</i>	<p><u>Pelvic Patterns</u></p> <ul style="list-style-type: none"> • Lying to sitting posterior depression • Walk bottom forward in sitting ant elevation • Bridging straight and tilt with issues in bridging • 4 point kneeling sit down either side • Sitting on feet to high kneel • As part of stepping, going down a step • Sit to stand
11.00-12.00	<p><u>Shoulder girdle patterns</u></p> <ul style="list-style-type: none"> • Supine and up onto elbows into 4 point kneeling • Rolling with shoulder girdle and add in the pelvis here • Push up off the bed through elbow and then hand • Up into 4 point kneeling
12.00-13.00	Lunch
13.00-14.15	<p><u>Upper limb patterns</u></p> <ul style="list-style-type: none"> • Pattern slow reversal to shoulder • Reaching sitting in chair from side or from in front • Hand component only • Rolling • Bilateral arms for trunk control • Chop and lift to transfer weight sitting high kneeling, standing • Discuss theraband and weights
14.15-15.00 Include 15min tea break	<u>Review other techniques/combining techniques</u>
15.00-15.45	<p><u>Case studies</u> e.g. Sitting, Components of patterns, Crawling, Steps, Rolling.....</p>
15.45-16.15	<u>Conclusion and summary</u>