

## **Rehabilitation Principles & Facilitation Workshop for Physiotherapists/Occupational Therapists**

This 2 day workshop (free follow up handbook/ access to exclusive video's of skills taught) is aimed at those working in functional rehabilitation, e.g. Community, Medical, Stroke, Neurology, Amputees, and Orthopaedic environments. It introduces participants to some principles of rehabilitation. Analysis of inefficiencies in movement & functional abilities is vital to promote the functional independence / quality of life that patients' desire.

Focus will be on clinical assessment skills, creating hypothesis regarding inefficiencies of movement followed by planning out treatment / functional strategies to address patient issues. It is largely practical and therapists will practice skills in small groups.

Objectives of workshop i.e. participants will:

1. Gain an understanding of the philosophy and principles of requirements for functional ability and rehabilitation.
2. Be skilled in the assessment of functional activities:
  - a. Rolling and bed mobility
  - b. Lying to sitting
  - c. Sitting to standing to sitting
  - d. Transfers bed to chair etc
  - e. Standing balance
  - f. Gait→Effects of posture on function. Impact of walking aids
  - g. High level balance activities and stairs
3. Acquire the ability to apply the techniques of facilitation to individuals requiring movement re-education.
  - a. Rolling and bed mobility
  - b. Lying to sitting
  - c. Sitting to standing to sitting
  - d. Transfers bed to chair etc
  - e. Standing balance
  - f. Floor/matt work
  - g. Getting on/off the floor
4. Develop an understanding of how to incorporate learnt strategies into daily functional exercises,
  - Choice of "starting positions" for activity based work
  - Understand the effects of these varying postures on patient abilities
5. Have ability to utilise knowledge /skills to suggest functional strategies for case study examples.

## Rehabilitation Principles and Facilitation - Workshop Programme

### Day 1

9.00 - 9.15	Registration
9.15 – 10.45	Theory - What do we need to function “normally”? Clinical Reasoning / Role Play
10.45 – 12.15	Assessing the patient in bed. The fundamentals of functional analysis, including rolling and bridging
12.15-13.15	<b>Lunch</b>
13.15-13.45	Getting from lying to sitting - problems and potential solutions
13.45-14.45	Analysis of sitting and moving in a chair Trunk control and movements of the pelvis/weight transference versus shift
14.45-15.45	Sit to stand to sit. The issues and the “efficient ideal”
15.45-16.30	Relationship of Key points in the body i.e. head, shoulder girdles, pelvis, hands and feet

### Day 2

09.15-10.15	Postural sets /starting positions for therapy
10.15-11.45	Facilitating functional activities with key points
11.45.12.15	Gait its variations and effects of posture
12.15-13.15	<b>Lunch</b>
13.15-13.45	Walking aids their use and effects. Facilitation of specific aspects of gait
13.45-14.45	High Level balance abilities Including stairs
14.45-15.15	Floor/mat activities
15.15-16.00	Falls and Getting on/off the floor
16.00-16.30	Summary and information how to access follow up resources