

Neuroscience for neurorehab

Current neuroscience, clinically applied to functional movement rehabilitation.

Online course

Who is this course for?

Physiotherapist and occupational therapists working in neurorehabilitation. The course will include:

- online modules on key aspects of neuroscience relevant to rehabilitation of functional movement
- current understanding of the integrated nervous system roles in posture, movement, and function
- guidance on clinical application, clinical reasoning and reflective practice/consolidation in between modules

This course has been developed in response to requests from therapists for a more applied introduction to relevant systems control as it relates clinical practice. It is a standalone course, but may also be used as preparation for those applying for the Basic Bobath course. Many therapists would like to feel more confident in their understanding of the relevant neuroscience as it supports their clinical practice, and this course has been designed to be an accessible, directly clinically related module.

Outline plan:

Session 1: How does the nervous system acquire information? Afferent input, integration and importance of body schema, how therapy may influence...

Session 2: Postural control systems, APA's and CPA's, progressive rehabilitation of postural control for gait, balance, upper limb function

Session 3: Voluntary, skilled movement systems, specifics of retraining, strengthening, qualitative aspects of movement control

Session 4: Integration! Sensorymotor integration, neuroplasticity, promoting engagement, what about spasticity?? Discussion of further development

***Between each session participants will be guided to apply specific aspects of learning into one or two clinical sessions and reflect on this with the group in the next session. This is informal, and guidance will be given, the aim is to consolidate learning and directly apply learning to therapist's own clinical practice and development**

Who is delivering the course?

Sue Armstrong, Advanced Bobath Tutor

Sue works as a Clinical Lead Neurophysiotherapist in the NHS as well as teaching Bobath courses throughout the UK and overseas.

When?

Session 1 (4 hours) Thursday 5th October 2023 1-5 pm

Session 2 (2 hours) Thursday 19th October 2023 6-8 pm

Session 3 (2 hours) Thursday 2nd November 2023 6-8 pm

Session 4 (2 hours) Thursday 16th November 2023 6-8 pm

What will I need?

Laptop or tablet with good Wi-Fi availability, cup of tea alongside you and that's all! Teaching materials and clinical workbooks will be sent out electronically, we have set the times to minimize study leave requirements, and aiming for a relaxed, informative, delivery with plenty of discussion!

Course Fee: £150

Apply via email: uhdb.ncore@nhs.net