Neuroscience for neurorehab

Current neuroscience, clinically applied to improving movement performance in rehabilitation

BBTA Online course.
Sue Armstrong, Advanced Bobath Tutor

Who is this course for?

Physiotherapists 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 sensorimotor rehabilitation. Clinical focus will include postural control, upper limb rehabilitation and walking
- 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 online focus on relevant systems control and movement performance principles as they relate to clinical practice.

It is a standalone course, but may also be used as preparation for those applying for the Basic Bobath course, or those who have completed previous BBTA or other related courses and would like further mentorship, a refresh or update.

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 with plenty of time for reflection, and discussion of topics relevant in neurorehabilitation.

British Bobath Tutors Association   **E:** info@bbta.org.uk
                                                                                         W: www.bbta.org.uk
                                                                                         Twitter: @BBTATutors

Outline plan:

Session 1: Foundations: Body schema, sensorimotor integration. How does the nervous system acquire information? How therapy may influence

Session 2: Postural control systems, APA's and CPA's, integration of posture with movement for rehabilitation gait, balance, upper limb function

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

Session 4: Clinical challenges: key principles for rehabilitation of upper limb function and gait, update on spasticity, discussion and reflection

*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 (2 hours) Thursday 9th May 2024 6-8pm
Session 2 (2 hours) Thursday 16th May 6-8pm
Session 3 (2 hours) Thursday 23rd May 6-8pm
Session 4 (2 hours) Thursday 6th June 6-8pm
Sessions are delivered by Zoom, and will be recorded for group use

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: £100
Apply via email to: sue@indigorehab.co.uk

British Bobath Tutors Association

E: info@bbta.org.uk
W: www.bbta.org.uk
Twitter: @BBTATutors