

BBTA | NEUROSCIENCE FOR NEUROREHABILITATION: FOUNDATIONS OF MOVEMENT CONTROL.

Clinical application to improve movement performance in rehabilitation.

BBTA Online Course: 4 x 2-hour sessions

Who is this course for?

Physiotherapists and **occupational therapists** working in neurorehabilitation.

The course includes:

- **Targeted online modules** covering essential neuroscience for functional movement recovery.
- **Modern insights** into integrated nervous system roles during sensorimotor rehabilitation.
- **Clinical focus areas** including postural control, upper limb rehab, and gait recovery.
- **Practical guidance** on clinical reasoning, reflective practice, and between-session consolidation.

Why this course? Developed by popular demand, this accessible, clinically-rooted module bridges the gap between theory and treatment. It provides dedicated space for reflection and critical discussion. While it operates as a standalone course, it seamlessly connects to our face-to-face pathway, including Introductory Modules, the new 'Pathways to Recovery' series, and Basic/Advanced courses.

Outline Plan.

Session 1: Foundations of Movement Control

This session explores:

- **Information processing:** How the nervous system acquires and integrates sensorimotor inputs.
- **Functional optimisation:** Linking neuroscience to postural control and voluntary, selective movement.
- **Systems control:** Key neuroscientific elements underpinning modern neurorehabilitation.
- **Therapeutic influence:** Driving movement performance via:
 - **Facilitation strategies:** Manual, verbal, and environmental tools.
 - **Hands-on vs. hands-off:** Knowing when, where, and why to intervene.
 - **Movement analysis:** Building a framework for clinical reasoning.
 - **Core foundations:** Body schema, the kinetic chain, and selective function.

- **Intervention design:** Core principles and logical progression steps.

Session 2: Deeper Focus on Postural Control

This session explores:

- **Neural mechanisms:** Relevant neuroscience underpinning human postural control.
- **Current literature:** Deep dive into Anticipatory (APAs) and Compensatory (CPAs) Postural Adjustments.
- **Pathology theories:** The role of these pathways in spasticity and ataxia.
- **Functional integration:** Merging posture with movement to optimize gait, balance, and upper limb rehab.

Session 3: Rehabilitation of Skilled Movement: Walking & Upper Limb Function

This session explores:

- **Systems control:** Practical application of systems theory to daily therapy.
- **Clinical synthesis:** Connecting foundational movement and postural control to skilled execution.
- **Recovery promotion:** Evidence-based strategies to restore functional movement.
- **Therapeutic toolkits:** Actionable insights into task analysis, progressive strengthening, and self-management.

Session 4: Integration into Clinical Practice

This session explores:

- **Theory to practice:** Translating concepts into real-world care using interactive case scenarios.
- **Clinical execution:** Navigating priorities, reasoning, and varied clinical settings.
- **The wider view:** Maximising time between treatments via environmental adaptation, equipment, self-practice, and long-term management.
- **Clinical Consolidation:** Between sessions, you will receive informal guidance to apply specific learning points to 1–2 of your own clinical sessions. This reflective practice ensures immediate, real-world application to your caseload.

Key Information.

- **Course Tutors:** Delivered by expert Bobath Tutors **Sue Armstrong** and **Debbie Strang** (Advanced Course Tutors).
- **Delivery Method:** Hosted via **Zoom** (sessions are recorded for group playback).
- **Requirements:** A laptop or tablet with reliable Wi-Fi. Teaching materials are provided electronically.
- **Format:** Relaxed, interactive, and informative delivery designed to minimise study leave requirements.
- **Certification Provided (CDP).**

Schedule.

- **Session 1:** Wednesday, 16th Sep | 7:00pm – 9:00pm (2 hrs)
- **Session 2:** Wednesday, 14th Oct | 7:00pm – 9:00pm (2 hrs)
- **Session 3:** Wednesday, 11th Nov | 7:00pm – 9:00pm (2 hrs)
- **Session 4:** Wednesday, 16th Dec | 7:00pm – 9:00pm (2 hrs)

Contact.

If you have any questions, please email info@bbta.org.uk.

Terms and Conditions.

Please note that these sessions are offered exclusively as a comprehensive package and cannot be booked individually.

Privacy Policy:

The British Bobath Tutors Association (BBTA) is committed to protecting your personal data. This policy outlines how we handle your information when you enrol in our online courses:

- **Data Collection:** We collect your name, email address, profession/clinical background, and course progress data.
- **Purpose:** We use this data to deliver course materials, track completion, and improve our educational content.
- **Storage and Security:** Your data is stored securely on our hosting platform and is never sold to third parties. We retain it for 5 years to provide course access and maintain academic records.
- **Your Rights:** Under UK GDPR, you have the right to access, correct, or request the deletion of your personal data at any time by contacting us at info@bbta.org.uk.

Terms of Service:

By accessing and using BBTA's online courses, you agree to comply with the following terms:

- **Eligibility:** These courses are intended for qualified healthcare professionals and students in relevant clinical fields.
- **User Conduct:** You agree to use the platform for lawful educational purposes only. You must not disrupt the platform, upload malicious code, or share your login credentials.
- **Account Termination:** BBTA reserves the right to suspend or terminate your access to the course at our sole discretion if these terms are violated.
- **Modifications:** BBTA may update these terms or modify course content at any time without prior notice.

Course Recording:]

Terms regarding video recording:

- **Purpose:** This online course will be recorded strictly for individual educational purposes.
- **Duration:** The recording will be stored securely and deleted after a limited time.

- Camera Policy: If you do not consent to being recorded, you must keep your camera turned off throughout the session.