An Evidence-Based Approach to STROKE REHAB

The Key to Greater Independence and Mobility

Stroke is one of the leading causes of disability and loss of independence in America. Today, there are more than four million stroke survivors. Regaining mobility leads to renewed independence. Being able to walk again is the most common goal expressed by stroke survivors. The ability to walk post-stroke is associated with improved quality of life, greater independence, and return to life roles. Post-stroke gait is characterized by numerous deviations, which increase energy demand, decrease efficiency, create the need for assistance, and increase fall risk. The ability to transfer and stand moves individuals toward functional independence. Getting people mobile again is the emphasis of post-stroke rehabilitation. In order to do so, therapists need to be able to identify deviations, determine their case, and design effective treatment programs.

This educational offering provides practitioners with the foundations and tools needed to effectively get stroke survivors functional again. Participants will examine the etiology of gait deviations, aphasia, neglect, and their influence on the rehabilitation process. Using principles of neuroplasticity and motor learning and the reinforcement of normal movement, participants will assess functional goals and treatments. Instruction will be provided to identify patients who would benefit from an ankle-foot orthosis. The educational offering incorporates case study review and video analysis, and equips participants with practical, evidence-based techniques that can be applied in any treatment setting the next day.

Course Director

Toni Patt, PT, DPT, GCS, is a licensed physical therapist and board-certified specialist in geriatrics with 25 years of clinical practice. She has worked with stroke patients in acute care, inpatient rehab, and skilled nursing settings, and as outpatients. Most recently, she worked on a stroke unit where she was able to follow patients from admission through inpatient rehabilitation. In addition to her clinical work, Dr. Patt has assisted with stroke research at the University of Texas in Houston. She presents live and online presentations on several stroke related topics including rehabilitation of gait after stroke and use of ankle-foot orthotics, and writes a weekly blog for Advance for Physical Therapists.

Dr. Patt received her Bachelor of Science degree in Physical Therapy in 1984 from St. Louis University and her post-professional Doctorate degree in Physical Therapy from AT Still College of Health Sciences in 2010. She is an active member of both the neurological and geriatric sections of the APTA.

Cost to Register is $189

For more information on this and other programs, please contact us at:

Cross Country Education
(800) 397-0180 • (615) 331-4422 • FAX (615) 346-5350
P.O. Box 200 • Brentwood, TN 37024

www.CrossCountryEducation.com

Continuing education available for Physical Therapists and Occupational Therapists
What You Will Learn

◆ Articulate 1 reason neuroplasticity is important for motor learning
◆ Evaluate 1 method of managing Pusher Syndrome
◆ Analyze 3 techniques to increase awareness of the neglected side
◆ Analyze 2 communication strategies for expressive and receptive aphasia
◆ Analyze 3 components necessary to incorporate motor recovery into every transfer
◆ Evaluate 1 role of ankle-foot orthotics post-stroke

Recommended for

◆ Physical Therapists
◆ Physical Therapist Assistants
◆ Occupational Therapists
◆ Occupational Therapy Assistants

COURSE CONTENT

TREATMENT BASICS
◆ Neuroplasticity
◆ Normal movement
◆ Compensating for lost sensation

TRANSFERS AND STANDING
◆ Equal weight bearing
◆ Trunk control
◆ Pusher syndrome

INVOLVING THE PATIENT
◆ Animal studies versus clinical reality
◆ Getting patients to do more
◆ Functional specificity

GAIT TRAINING
◆ Normal gait
◆ Symmetry and energy efficiency
◆ Treat the cause, not the deviation
◆ Ankle-foot orthotics (not just for ambulation)

NEGLECT
◆ Right brain versus left brain
◆ Compensation strategies
◆ Increasing awareness of the neglected side

CASE STUDIES
◆ Review medical histories and assess intervention options for 4 stroke rehab patients between 50 and 85 years old with a variety of visual, mobility, and cognitive impairments

APHASIA
◆ Expressive, receptive, global
◆ Communication strategies

Our Guarantee

Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, professionals, and key personnel through our seminars, conferences, and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our live seminars or webinars, or purchase an audio, video, or online product, and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another live seminar, webinar, audio, video, or online product. All returned audio and video products and materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

Disclaimer: Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law.

Confirmations & Cancellations

Confirmations of registration are sent via e-mail within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your e-mail address book to ensure delivery. If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration. Cancellations received at least five working days before the event are refundable, minus a $20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. A refund or voucher will be issued to any participant who is registered to attend a seminar that is cancelled by Cross Country Education, LLC. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.
Continuing Education Credit

If you do not see your respective state listed, please review your rules/regulations to see if you qualify for continuing education based on an approval by another state board/association.

**Physical Therapists:** This activity has been submitted to the FSBPT for certification. FSBPT certification is accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. FSBPT's ProCert certification is currently accepted by Alabama (effective October 1, 2013) Arizona, California, Delaware, District of Columbia, Georgia, Indiana, Kansas, Kentucky, Montana, Nebraska, North Carolina, Oregon, South Carolina, Tennessee, Utah, Vermont, Virginia and Wisconsin. This program has been submitted to the Oklahoma State Board of Medical Licensure & Supervision for preapproval of 6 contact hours. This program has been submitted to the Florida Physical Therapy Association for approval of 7 contact hours. NCBPTE approval by virtue of approval by The New York State Education Department, Office of the Professions, State Board for Physical Therapy licensure board or state APTA chapter Approval good through 8/31/2015. Cross Country Education is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider for physical therapy and physical therapist assistant continuing education. This seminar is awarded 7.2 contact hours. Cross Country Education is seeking Direct Access approval from the Pennsylvania State Board of Physical Therapy. This program has been submitted to the New Mexico Physical Therapy Association for 6 contact hours. This program has been submitted for 6 CEUs to the Ohio Physical Therapy Association for Physical Therapists and Physical Therapy Assistants. This program has been approved by the West Virginia Board of Physical Therapy for 6 Continuing Education hours (Approval #CCE-F13-19). Approval of this course does not necessarily imply that the WV Board of Physical Therapy supports the views of the presenter or sponsor. This program has been approved by the Louisiana Physical Therapy Board for 6 clinical contact hours for Physical Therapists and Physical Therapy Assistants. This course has been approved by the Maryland State Board of Physical Therapy for 6 CEUs. You will be issued a CEU certificate upon completion of the course. A record of CEUs earned will be retained by the sponsor. The Maryland Board of Physical Therapy does not award CEUs for fractions of an hour per COMAR 10.38.08.02(B)(2)(i). This program has been approved by the Arkansas State Board Of Physical Therapy for 6.0 contact hours for Physical Therapists. This program has been submitted to the Minnesota Board of Physical Therapy for 6 continuing education hours. This program has been submitted to the Mississippi Board of Physical Therapy for approval of 6 CEUs. This program has been submitted to the Nevada Board of Physical Therapy for approval of CEUs. This program has been submitted to the Texas Board of Physical Therapy for 6 continuing education hours. This program has been submitted to the New Jersey State Board of Physical Therapy for 6 continuing education credits to the New Jersey State Board of Physical Therapy. This program is awarded 0.6 contact hours for Occupational Therapists and Occupational Therapy Assistants.

**Occupational Therapists:** Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for 0.6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 1: Domain of OT, 2: Occupational Therapy Process. Cross Country Education is an approved provider #50-466 with the Florida Department of Health Board of Occupational Therapy Practice. This course is approved for 6 contact hours for Occupational Therapist and Occupational Therapy Assistants.

**Other Professions:** This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**ADA:** If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

**All Professionals:** In order to process continuing education, please supply the appropriate license/certification number on the evaluation form.

**Requirements:** Please note that full attendance and the completion of a post course assessment with a score of 75% or greater is required to receive full credit. Variable credit will not be awarded.

Register at www.CrossCountryEducation.com