

# The Assessment and Treatment of Adults with Neurological Conditions –

## The Bobath Concept

**Location:** Dubai



**Time:** 8:30 AM – 4:30 PM

### Dates:

**Week 1** 18-22 January, 2023

**Week 2** 25-29 January, 2023

**Week 3** 3-7 May, 2023

### Tutor:

#### Shauna Picard

Picard is an International Bobath Instructor who has Graduated from Lincoln Institute of Health Sciences, Melbourne in 1984 with a Bachelor of Applied Science in Physiotherapy. She has extensive experience in Musculoskeletal, Stroke Unit, Acute Trauma, specializing in Neurological and General Rehabilitation. Currently, she is a part-time Senior Clinical Physiotherapist in Rehabilitation at Goulburn Valley Health, Shepparton, Victoria. In addition, she is committed to teaching throughout Australia, New Zealand, S-E Asia, and Abu Dhabi, UAE.

Through her practice, Picard aims to promote the teaching of the Bobath Concept to develop the Assessment and Treatment skills of therapists throughout the Oceania Region. She aims to contribute to and participate in research investigating the efficacy of the Bobath Concept for the treatment of persons with neurological lesions as well as “musculoskeletal” movement dysfunction. Ultimately, she aims to continue to monitor current developments in neuroscience, and integrate this information into clinical practice.



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### Program Aims

By the end of the course, our participants will:

1. Understand the history and ongoing development of the Bobath concept.
2. Be able to integrate the principles of the International Classification of Functioning, Disability and Health (ICF) in their evaluation and treatment of adults with neurological conditions. Through this, they will be able to analyze and facilitate efficient postural and movement control in preparation for and during functional activity.
3. Understand the functional consequences of lesions of the central nervous system
4. Observe and analyze dysynergic and/or inefficient movement and function, and influence this through intervention.
5. Utilize the principles of motor control, motor learning, neural plasticity and muscle plasticity in their approach to treatment.
6. Understand the relationship between assessment and treatment, and implement the ongoing process of clinical reasoning.
7. Adapt and apply appropriate theoretical principles of treatment to the individual patient/client within his environment.
8. Develop effective handling skills and incorporate them with appropriate environmental and other influences in order to regain function.
9. Appreciate the importance of appropriate outcome measures to support evidence-based practice.
10. Continue learning through critical reading, self-evaluation and sharing with others.

## Topics to be Covered:

This course is composed of the following components:

1. Theoretical.
2. Practical.
3. Self-directed learning.
4. Optional and other components.

### Course Content

Components	Subtopics
Theoretical	<ul style="list-style-type: none"><li>• Introduction</li><li>• Applied Neurophysiology</li><li>• Postural Control</li><li>• Locomotion</li><li>• Upper Limb Reach, Grasp and Manipulation</li><li>• ICF</li><li>• Model of Bobath Clinical Practice (MBCP)</li><li>• Outcome Measures</li></ul>
Practical	<ul style="list-style-type: none"><li>• Clinical Assessment &amp; Treatment</li><li>• Relationship between alignment, base of support (BOS), postural control, core control and selective movement with respect to functional activities.</li><li>• Moving between standing and sitting.</li><li>• Moving in sitting; moving from sitting to lying; moving in lying; moving from lying to sitting.</li><li>• Acquisition of single leg stance and activation of lower limb and foot with respect to stepping, locomotion, stairs, dressing etc.</li><li>• Activation of the shoulder girdle/upper limb and hand in relation to reach and grasp, postural control, locomotion and dexterity.</li><li>• Seating and positioning.</li><li>• Implementation of motor learning principles.</li></ul>
Other components	<ul style="list-style-type: none"><li>• Oro-facial problems.</li><li>• Contraversive pushing, apraxia, neglect.</li></ul>
Self-directed learning	<ul style="list-style-type: none"><li>• Case Report Assignment</li><li>• Reflective Journal</li><li>• Self-evaluation tool</li></ul>
Optional components	<ul style="list-style-type: none"><li>• Assistive Devices.</li><li>• BWST.</li><li>• Mental Imagery.</li><li>• CIMT.</li><li>• Botox.</li><li>• Splinting.</li><li>• Model of Bobath Clinical Framework (MBCF).</li></ul>

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### Who can attend?

- Physiotherapists
- Occupational Therapists

### Course fee:

**Early bird: Until the 15<sup>th</sup> of September**

Individual registration: AED 15,000

**Normal registration: After the 15<sup>th</sup> of September**

Individual registration: AED 16,000

For group registration rates, please contact 00971502051448 on WhatsApp or send an email to [uae@primephysio.com](mailto:uae@primephysio.com)

### For inquiries & booking:



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