

PREPARATION FOR BETTER FUNCTION OF THE UPPER EXTREMITY IN ADULT HEMIPLEGIA

About The Speaker

Isabelle M. Bohman, M.S., P.T., NDT Coordinator Instructor, teaches the NDT adult hemiplegia certification course. She is a former university instructor in physical therapy and has presented seminars and NDT certification courses throughout the United States, Mexico and South America. Ms. Bohman is widely regarded as one of the foremost authorities on the treatment of adult hemiplegia using the NDT (Bobath) approach.

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Topic Index

Disc 1 (Parts 1 & 2)

Introduction	8 min.
Basis of Upper Extremity Function	1 hr. 12 min.
Base of Support and Trunk Mobility	39 min.
Total Time Disc 1 (1 hour 59 min.)	

Disc 2 (Parts 3 & 4)

Base of Support and Trunk Mobility	10 min.
Facilitating the Abdominals Directly	11 min.
Facilitating Lateral Movements	16 min.
Scooting Forward	7 min.
Scooting Backwards	15 min.
Weight Bearing on the Involved Arm	28 min.
Mobilizing the Trunk	26 min.
Total Time Disc 2 (1 hour 53 min.)	

Disc 3 (Parts 5 & 6)

Mobilizing the Trunk	38 min.
Shoulder Girdle Alignment and Mobility	17 min.
Facilitating Range of the Scapula	41 min.
Inhibiting the Hand	18 min.
Total Time Disc 3 (1 hour 54 min.)	

Disc 4 (Parts 7 & 8)

Inhibiting the Hand	29 min.
Upper Extremity Weight Bearing in Standing	42 min.
Treatment Demonstration	43 min.
Total Time Disc 4 (1 hour 54 min.)	

Disc 5 (Parts 9 & 10)

Treatment Demonstration	19 min.
Treatment Summary	13 min.
Shoulder Pain Issues	25 min.
Alignment and Treatment Ideas for the Upper Extremity	35 min.
Task Analysis	18 min.

Total Time Disc 5 (1 hour 50 min.)

Total Viewing Time (9 Hours 30 Min.)

Total Time Granted for Written Material (1 Hour)

Total Hours Granted : 10.5 Contact Hours/ 1.05 CEUs