

**ANALYZING FUNCTIONAL ACTIVITIES AS A BASIS FOR TREATMENT IN  
ADULT HEMIPLEGIA:  
AN NDT (BOBATH) APPROACH**

**ABOUT THE SPEAKER**

**Isabelle M. Bohman**, received her B.S. in Physical Therapy from Northwestern University and her M.S. in Physical Therapy from the University of Illinois. She was Assistant Professor of Physical Therapy and acting Director of Physical Therapy at Washington University, St. Louis. She has extensive experience as a staff therapist as well as supervisory experience in acute care, rehabilitation and long term care facilities. She has in-depth training in therapeutic exercise and is certified in Neuro-Developmental (Bobath) Treatment. She studied and worked extensively with Berta and Karl Bobath and is an NDT Certified Coordinator Instructor in Adult Hemiplegia. She is a recipient of the Bobath Award of Excellence from the NDTA for outstanding contributions to the advancement of theory and practice in the Neuro-Developmental Treatment Approach.

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IN ADULT HEMIPLEGIA: AN NDT (BOBATH) APPROACH**

**TOPIC INDEX**

**Disc 1 (Parts 1 & 2)**

Introduction .....	6 minutes
Areas of Function .....	12 minutes
Basic Components of Movement .....	40 minutes
Movement Analysis .....	40 minutes
Trunk Facilitation .....	15 minutes
a. From the Side	
b. From the Front	

**Total Time Disc 1 (1 hour 53 min.)**

**Disc 2 (Parts 3 & 4)**

Trunk Facilitation .....	85 minutes
Analyzing Standing and Stepping .....	15 minutes
Analyzing an Activity .....	18 minutes

**Total Time Disc 2 (1 hour 58 min.)**

**Disc 3 (Parts 5 & 6)**

Trunk Facilitation cont.....	55 minutes
Incorporating Upper Extremity Weight bearing in Sitting .....	20 minutes
Incorporating Upper Extremity Weight Bearing in Movement Activities .....	8 minutes
Facilitating Bed Mobility.....	37 minutes

**Total Time Disc 3 (2 hours)**

**Disc 4 (Parts 7 & 8)**

Facilitating Bed Mobility (cont.) .....	4 minutes
Components of Gait .....	39 minutes
Facilitating Gait .....	51 minutes
Activity Analysis Instructions .....	5 minutes
Patient Analysis and Discussion .....	21 minutes
<b>Total Time Disc 4 (2 hours)</b>	

**Disc 5 (Part 9)**

Patient Analysis and Discussion (cont.) .....	17 minutes
Group Discussion of Function Analysis & Treatment Plan.....	33.5 minutes
Facilitation of Transfers .....	14 minutes
<b>Total Time Disc 5 (1 hour 4 min.)</b>	

**Total Viewing Time Granted = 9 hours**

**Seminar Manual & Required Reading= 1 hour**

**Total Seminar Time = 10 Contact Hours (1.0 CEUs)**