

# PREPARATION FOR IMPROVING FUNCTIONAL GAIT IN ADULT HEMIPLEGIA

## 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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## Topic Outline

### Disc 1 (Parts 1 & 2)

Introduction and Seminar Information .....	4.5 min.
Developmental Concepts .....	4.5 min.
Areas of Function .....	6 min.
Basic Components of Movement .....	14.5 min.
Principles of Management and Treatment .....	14 min.
Handing Skills Leading to Better Function .....	22.5 min.
Facilitation of the Trunk From the Side .....	41 min.
Facilitation of the Trunk from the Front .....	10 min.
<b>Total Time Disc 1 (1 hour 57 min.)</b>	

### Disc 2 (Parts 3 & 4)

Facilitation of the Trunk from the Front Continued .....	14 min.
Incorporating the Arm into Weight Bearing .....	12 min.
Incorporating Facilitation of the Leg .....	6 min.
Facilitating Sit to Stand and Stand to Sit .....	13 min.
Components of Gait .....	29 min.
Using Assistive Devices in Gait .....	26 min.
Facilitating the Use of the Involved Leg in Sitting .....	20 min.
<b>Total Time Disc 2 (2 hours)</b>	

### Disc 3 (Parts 5 & 6)

Facilitation in Standing .....	9 min.
Facilitating a Step .....	7 min.
Increasing Weight Bearing of the Involved Leg in Standing .....	16 min.
Facilitating Transfers .....	22.5 min.

The "Pusher" Syndrome ..... 29 min.  
The Sequence of Gait ..... 33.5 min.  
**Total Time Disc 3 (1 hour 57 min.)**

**Disc 4 (Parts 7)**

The Sequence of Gait Continued ..... 16 min.  
Facilitating Walking..... 21 min.  
Treatment Demonstration ..... 40 min.  
**Total Time Disc 4 (1 hour 17 min.)**

**Total Viewing Time Granted 7 Hours**

**Total Time Granted for Written Material 1 Hour**

**Total Hours Contact Hours Granted: 8 Contact Hours / .8 CEU's**

