

Functional Strengthening and Fitness Interventions for Children with Developmental Disabilities

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Faculty

Maria Fragala-Pinkham PT, DPT, DSc is an outpatient physical therapist and Manager of Research and QI at Boston Children's Hospital. She has over 30 years of clinical experience working with children in a variety of settings including inpatient and outpatient hospital, early intervention, and schools. She also developed and directed community-based adapted sports and fitness programs for children including adaptive ice skating, hockey, baseball, soccer, and bike riding. She is one of the senior authors of the PEDI-CAT, a functional outcome measure for children with disabilities.

Disclosure: Financial: Maria Fragala-Pinkham receives an honorarium from Education Resources. Franciscan Children's, her previous employer has received reimbursement for her work on the PEDI-CAT from CreCare. Non-Financial: She has a professional relationship with CreCare.

Maggie O'Neil PT, PhD, MPH is a professor at Columbia University Irving Medical Center, Programs in PT. She conducts clinical research studies in physical activity and fitness for children and youth with cerebral palsy and other disabilities and chronic conditions. She works with an inter-professional team on funded projects to identify effective interventions and reliable and valid physical activity and fitness measures in pediatric disability. Maggie consults with pediatric physical therapists to design, implement and measure outcomes of interventions focused in these areas.

Disclosure: Financial: Maggie O'Neil receives a honorarium from Education Resources and Drexel University received reimbursement for her work on video game development. Non-Financial: She received no non-financial relationships to disclose.

About this Course

Designing effective intervention programs to improve strength, endurance and function in school-aged children aged 5-21 years with disabilities can be challenging. This course will help clinicians evaluate fitness and function, set realistic goals, prioritize treatment and implement successful programs for children with developmental disabilities such as cerebral palsy, genetic conditions, autism, and developmental coordination disorder. An evidence-based approach to outcome measures and intervention design including exercise prescription (frequency, intensity, duration and types) is presented to improve strength and function. The course is a four-part webinar series. Each webinar is 3.5 hours and scheduled twice/ week for two weeks. The webinar topics are: 1) Strength Training; 2) Outcome Measures; 3) Aerobic Capacity/Endurance Training; and 4) Interventions in Different Environments & Using Different Strategies. The webinar learning strategies consist of remote lecture and discussion, and video case 'labs' for demonstration and discussion on application of interventions and measures. Specific interventions included are progressive resistive exercises (weights and resistance bands), therapeutic exercises using moveable surfaces, treadmill training, aquatic exercise, yoga and active video games to promote fitness, physical activity, functional mobility and participation. Evidence on the effectiveness of existing community-based fitness programs and ideas for accessing existing programs or developing new programs will be discussed.

Objectives

- ① Incorporate evidence-based strategies into interventions to promote strength and endurance to maximize function in children with disabilities
- ② Integrate evidence from clinical and community-based strength and endurance programs to improve and sustain functional outcomes in children with disabilities
- ③ Utilize systematic and objective measures to document changes in function, strength and endurance at impairment, activity, and participation levels
- ④ Identify clinical and community-based programs that provide evidence to support function, strength and endurance in children with disabilities

Help your patients achieve better outcomes.

Schedule – Day 1

- 6:00-6:15** Components of Fitness
- 6:15-6:45** FITT principles and evidence on strength training for children with disabilities
- 6:45-7:30** Designing strengthening programs
- 7:30-8:30** Strength training activities using resistance band, weights, moveable surfaces
- 8:30 – 9:30** VIDEO CASES and Discussion: Strength training

Schedule – Day 2

- 6:00-7:00** Fitness Measures Using the ICF Model:
Impairments: (strength/power/endurance)
- 7:00-8:15** *Activity:* Physical activity & functional mobility
Participation: home, school, community
- 8:15-9:30** CASES and Discussion

Schedule – Day 3

- 6:00-6:30** Evidence on improving aerobic capacity and functional endurance in children with disabilities
- 6:30-7:00** Designing Endurance Programs
- 7:00-8:00** Designing Treadmill-Training Interventions
- 8:00-9:00** Video-gaming in clinic or home exercise programs to promote physical activity
- 9:00-9:30** Promoting adherence to fitness interventions

"This was the most useful and relevant pediatric course I have ever taken."
PT -Carol Rickaby,

Schedule – Day 4

- 6:00-7:00** Designing Aquatic Exercise Interventions
- 7:00 – 8:00** Designing yoga interventions & cases
- 8:00 – 9:00** Community-based programs for strength and endurance
- 9:00 – 9:30** Post-test/Questions

Audience

Designed for PTs and PTAs working with children with developmental disabilities such as cerebral palsy, genetic conditions, autism, developmental coordination disorder, and spina bifida. For those with experience, the course offers updated EBP recommendations when designing or choosing intervention strategies and outcome measures.

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"This conference was great! We are using the course materials to develop competencies for our department and also have updated what we use for clinical outcome measures for our outpatient population."
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Credits

This course meets the criteria for 14 contact hours (1.4) CEUs, Intermediate Level. Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Application has been made to the **KY, MD, NJ, NM, NV** and **OK** Boards of Physical Therapy.

Approved by the Kansas Occupational Therapy Association for 14 Contact Hours

Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 16.5 contact hours. Approved provider by the NY State Board of Physical Therapy for 16.8 contact hours (1.68 CEUs).

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Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 contact hours (1.14 CEUs). The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

Approved provider of the FL Board of Occupational Therapy-CE Broker 16.5 hours.

This course meets the approval of the TX Board of OT Examiners.

NBCOT professional development provider 14 PDUs.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Please contact us with any special needs requests:

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Webinar Dates – 2020

November 2	LIVE WEBINAR	6:00pm- 9:30pm EST (US)
November 4	LIVE WEBINAR	6:00pm- 9:30pm EST (US)
November 9	LIVE WEBINAR	6:00pm- 9:30pm EST (US)
November 11	LIVE WEBINAR	6:00pm- 9:30pm EST (US)

Registration is for all 4 sessions. Log-in instructions and course materials will be emailed/added to your ERI account 2-3 days prior to the webinar.



\$369 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14 day deadline. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

Webinar: Functional Strengthening/O'Neil, Fragala
☐ November 2, 4, 9, 11

Course Registration Form

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