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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course #	Course Title	
Webinar Date		
Name	Discipline	
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Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the the webinar. After that time, a credit for a future Motivations event may be awarded.

Special Needs Requests: Please email us any special needs related to vision, hearing, accessibility or any other considerations to completing the course so we can assist in advance.



Motivations, Inc.
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WEBINAR

#7233 Use of Elastic Bands for Strengthening After Stroke©

Instructor: Jennifaye V. Brown, PT, PhD, NCS

Audience: Physical Therapists, Occupational Therapists, and Assistants

Delivery Options:
Live Webinar or
Self-Study Options

SUMMARY: Resistance is key for strength gains. Elastic bands are the most common issued item for home programs to be used for strengthening. Yet, depending on lesion location, impairment severity, specifically motor deficits, strength gains may not be achieved. However, functional recovery can occur despite minimal strength gains. This course provides an evidence-based approach justifying the use of elastic bands to promote motor and functional recovery which requires coordinated muscle action that is a combination of isometric, concentric and or eccentric contractions. The course includes examples of daily living activities for participation in life roles and successful achievement of functional mobility skills as related to the content. Social determinants of health (SDoH) are addressed in a person-centered manner so that skills learned can be immediately applied to therapy plans of care, specifically therapeutic interventions in acute care, inpatient/outpatient rehab or home health via use of case studies. Course instruction methods include lecture, demonstration, videos, case studies and question/answers.

PRESENTER:

Jennifaye V. Brown, PT, PhD, NCS has a BA-Psychology (Emory University), a MS-Physical Therapy (University of Miami-FL) and a PhD-Exercise Science (University of South Carolina). Dr. Brown has over 30 years of clinical experience focused in neurorehabilitation across the continuum of care and has presented numerous continuing education courses on adult neurologic assessment and treatment intervention for acquired brain injury, particularly stroke. Her research agenda explores the perceptions of individuals with stroke regarding their experiences with AFO fabrication, modification and maintenance and the presence of diversity, inclusion, cultural competence and cultural humility topics in health care education curriculum. As an Advanced Credentialed Clinical Instructor by the Clinical Instructor Education Board and a three 10-year term board certified neurologic clinical specialist by the American Board of Physical Therapy Specialties (ABPTS) of the APTA, Dr. Brown has taught at PT and PTA programs in Georgia, Ohio, and South Carolina (SC). She is a member of the APTA, Neurology Section of the APTA, SC Chapter of the APTA, Aerobics & Fitness Association of America, the Neuro-Developmental Treatment Association and a 2020 graduate of the prestigious APTA Fellowship in Education Leadership.

Financial— Received a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Differentiate strength, functional strength and force generation as it pertains to stroke impairment deficit.
2. Extrapolate principles of elastic bands to justify exercises/activities that require isometric, eccentric and concentric muscle contractions.
3. Develop innovative treatment interventions relevant to stroke impairments, SDoH, and patient/client/caregiver goals.
4. Evaluate how the person, task, and or environment impacts treatment interventions to improve strength and functional activities which includes reaching during the IADL of meal preparation to retrieve items from a cabinet, transitioning sit to stand during toileting and other ADLs, and walking in the community to maximize leisure and social participation.
5. Integrate information learned to justify treatment interventions that address diversity, equity, inclusion or belonging and can be immediately applied to neurologic rehabilitation practice.

FORMAT: This is a 3 contact hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study.

For Live courses, the content is presented via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

For Recorded courses, learners will not be able to participate in real time with questions.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.



Motivations Inc. is an AOTA Approved Provider of professional development. Course approval ID# 04737. This Distance Learning-Interactive or Distance Learning-Independent activity is offered at 0.3 CEUs, Intermediate Level, Occupational Therapy Service Delivery/Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products, or clinical procedures.

AGENDA ON NEXT PAGE....

For course dates, times and registration, please visit: www.motivationsceu.com

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

5 minutes	Introductions & Review of Learner Outcomes
10 minutes	Review: Strength/Force Generation Impairment Origin and Prognosis
15 minutes	Innovative Exercises to Address Strengthening – A Compliance Issue
15 minutes	Principles of Elastic Bands
10 minutes	Evidence in Practice – Why Use Elastic Bands?
15 minutes	Interventions for the Trunk & Reach
10 minutes	Interventions for Gait
10 minutes	Case Study: Trunk
10 minutes	Case Study: Upper Extremity
10 minutes	Case Study: Lower Extremity
10 minutes	Summary of Training; Questions & Answers

Post-test: 30 Minutes Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain, review and save your auto-emailed certificate for your files.