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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

Facility

Home Mailing Address

City State Zip

Daytime Phone Fax

E-mail Address for Confirmation (will not be shared or sold)

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.

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WEBINAR

#7408 Disability and Posture: Therapeutic Positioning for all Ages

Instructor:

Tamara Kittelson, MS, OTR/L, ATP/SMS

Audience:

Physical Therapists, Occupational
Therapists and Assistants, and Nurses

Delivery Options:

Live Webinar or Self-Study Options

Motivations, Inc.

SUMMARY: Human beings spend their lives in three orientations - lying, sitting and standing - and for those with a limited movement repertoire, this can become complicated. The foundational orientation of lying is too often overlooked, while functional goals are focused on sitting and standing. This amounts to building a house without a full foundation! When lying posture is overlooked or skimmed over during the evaluation process, individuals who are unable to independently change position easily, frequently and with variety are at greater risk of developing secondary complications. These include body shape distortions such as contractures, dislocations and scoliosis. Supporting healthy lying postures is crucial for such people, as focusing solely on daytime seating and supported standing is insufficient to meet their needs. 24-hour posture care management analyzes and addresses destructive postures while promoting comfort and function, to build a foundation of body symmetry and stable posture that supports quality of life. Developed and established over the last 40 years outside North America, this intervention is becoming recognized in the United States for its potential to protect and improve body alignment, support restful sleep, safeguard respiratory and digestive functions and reduce pain. The webinar provides an overview of theory and practice with visual examples and longitudinal case studies to illustrate concepts underpinning posture care management, focusing on sleep and resting postures. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: **Tamara Kittelson, MS, OTR/L** is an occupational therapist and seating and mobility specialist, with a passion for 24-hour posture management. She has written and taught about these topics nationally and internationally, and is the founding Chair of the RESNA 24-7 PCM Special Interest Group. She is founder and director of Posture 24/7, and directs Eleanore's Project, promoting posture care management and responsible wheelchair provision in less resourced settings. Tamara served children and adults with complex neurodisabilities in Montana, 1983-2022 and now lives in Minnesota. She credits her daughter Eleanore, born with cerebral palsy and profound deafness, as her best teacher. *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. Discuss the interaction of 3 forces impacting development of complex posture problems.
2. Describe two key components of the most protective supported lying posture for persons with limited mobility.
3. List two potential safety risks when considering implementation of posture care management while sleeping.

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. Instructors present the live course content 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.

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.



OT CEU's: Motivations Inc. is an AOTA Approved Provider of professional development. Provider #10600. This Live and Distance Learning—Interactive and Distance Learning—Independent and Blended/Hybrid 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:

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.

Pre-Reading Articles

5 minutes: Introduction

25 minutes: Impacts of distorted body shape on human beings with motor impairment

25 minutes: Positional molding and the lower body

25 minutes: Positional molding and the upper body

25 minutes: Considerations for night therapeutic positioning

10 minutes: Materials and equipment

10 minutes: Questions/ Post test

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.

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