
Objectives and Program Schedule

MedBridge

Interventions for Neurological Diagnoses: Balance

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Course Objectives

- *Identify the influence of postural control in transition from simple to more complex balance activities*
- *Apply principles of progressive techniques and tools for effective treatment of balance dysfunction in the older adult with neurological impairment*

Chapter 1: Balance Activities in a Supported Environment

- *Identify when patients would benefit from the use of body supported balance activities*
- *Demonstrate balance activities using a variety of body supported balance equipment to prevent the patient from falling and so they feel safe while practicing balance activities*

Lecture and Demonstration: 30 minutes, Learning Assessment: 10 minutes

Chapter 2: Balance Activities Using an Obstacle Course

- *Demonstrate varied and unique ways to set up obstacle courses that will challenge the balance needs of patients*
- *Facilitate the progression from less challenging to more challenging obstacle courses as balance improves*

Lecture and Demonstration: 30 minutes, Learning Assessment: 10 minutes

Chapter 3: Outside and Community Environment Challenges

- *Address the deficit that is causing the challenge and inability to perform community tasks*
- *Identify the necessity for safely navigating community environments*
- *Discuss challenges and barriers and ways to overcome those in the community*
- *Facilitate patients in the negotiation of a variety of environmental obstacles*

Lecture and Demonstration: 23 minutes, Learning Assessment: 10 minutes

Total Time: 2 hours