Applying the RPSF™ (Part IV):
Manual Cues for Accessing
Missing Components of Movement
with Intensive Focus on the Trunk
Using the Principles of NDT

Applying the RPSF™ (Part V):
Manual Cues for Accessing
Missing Components of Movement
with Intensive Focus on the UE and on Gait
Using the Principles of NDT

Applying the RPSF™ (Certification):
Implementing Client Interventions
Using the Principles of NDT
Certification for therapists and assistants

Recovering Function Online
Tiered Curriculum Webinars
Tiered Curriculum Mentoring Program™

All Recovering Function Courses Include Extensive “hands-on”

Look inside for detailed course descriptions, locations and dates.
**What therapists are saying about courses offered by Recovering Function...**

"Why didn’t I learn this information sooner!!! I feel that with this information and clinical instruction, I already can be a more effective therapist. This information should be mandatory for all PT/PTA/OT/OA students as part of our class curriculum."

"I feel rejuvenated as a therapist. I am so excited to go back and put my knowledge to use. I wish I would have attended this course earlier in my career and would have been able to provide my patients more quality treatment."

"All four days I kept thinking - why didn’t I take this course before? I could have helped so many of my clients who were not happy to be discharged from my care, but I had to because I had seen them long enough and I couldn’t do any more for them."

"I would highly recommend this course to any OT, PT, or SLP. Thank you for your time and sparking my interest to incorporate the technique. I am so grateful that I had the opportunity to take this course."

"This was a great course and I am glad I did it at the beginning of my career."

"The course was very informative. I enjoyed the hands-on labs since I am a visual/tactile learner."

"Loved the course. Can’t wait for Parts III and IV."

"Thank you for all the documentation ideas to justify our skills to the insurers, especially Medicare. I enjoyed and learned a lot. Thank you."

"I appreciate the years of experience in different settings shared with us as therapists so that we can return to our positions making a bigger impact on the quality of our patients’ lives."

"I will go back and revisit some patients for whom I had “plateaued”. Now I have ideas on how to facilitate increased movement and how to decrease pain. I will now focus more on normal movement vs. compensation and adaptive equipment."

"Thank you for your patience and time to teach and motivate us to become better therapists in our scope of practice."

"I appreciate using multiple partners for the labs."

"I appreciate the sample documentation in the slides, describing the patient’s function in the activity and the potential for future activities."

"I loved your enthusiasm. Thank you for working so hard to bring scientific research to therapy."

"I really enjoyed this course. I hope to be able to go home and practice these techniques in preparation for Parts III and IV. Thank you for all the hands-on practice."

"It gave me a good foundation for treatment of stroke patients. I now have the tools for analyzing what the patient’s problems are, and how I can assist with these problems. Now I have the knowledge to make my treatment plan more effective."

"Before coming to this course I was experiencing burn out. I have been working for 8 years and love therapy; however with the therapy companies pushing you to be MORE PRODUCTIVE I had to rush my treatment. Now this course has relieved me and I now know how I can make a change."

"I can incorporate this information to help my patients work more in midline, possibly get them independent in dressing, bathing. I can also help them get more awareness of the affected side."

"I really appreciated the hands-on and hand-over-hand demonstrations."

"This course not only reinforced learning by allowing immediate hands-on techniques after the lecture, but was also a lot of fun!"

"I’ll be able to incorporate this information immediately in my neuro treatments."

"I now have better knowledge of the movement strategy vs performance of an ADL only."

"I have truly enjoyed this course. I have learned significantly how to facilitate essential movements of the trunk to maximize function in a patient. Thank you."

"This course was highly recommended by the staff at my facility and did not disappoint."

"Now that I can begin to break down and analyze movement, not from individual muscles but from motor control, I can apply the knowledge with all of my CVA treatments."

"Awesome job. You rock. One day I hope to be as smart as you. It was a pleasure!!"

What **clients and their families** are saying about therapists trained by Recovering Function...

"My husband had a stroke in January. We’ve been doing therapy ever since. In October he fell and broke his hip and ended up in an inpatient rehab facility again. It was our good fortune that he was assigned to a physical therapist who was certified in NDT by Recovering Function of San Jose, California. Working with her he improved more quickly than I have ever seen before. In five weeks’ time she began to correct several problems with his gait that no one had been able to correct in the past 3 1/2 years. I could literally see him improve with every session. When he came home he was actually walking better than before he broke his hip. Finally I could see proof that my belief in my husband’s potential for recovery was not just wishful thinking on my part. Nor would it take as long as I originally thought it might.

I have nothing but the highest praise for our therapist and Recovering Function. I encourage anyone who has hemiplegia due to stroke or brain damage to seek out and work with experienced NDT therapists, preferably trained by Recovering Function."

"My Husband had a stroke in February last year. For months after the stroke he was still using a wheelchair to get around. We participated in our first course with Recovering Function in July. During the course, you told him that he had potential to use his paralyzed left side. You gave him so much hope! You showed him he had movement in his left side and taught him how to better use it when transferring from the wheelchair.

In the Recovering Function course in August, you helped him walk using his left side. Since then, he's had NDT therapy on a consistent basis. I want you to know that this morning, he got up from his recliner and walked to the bathroom by himself using a cane.

We had planned to build a wheelchair accessible house because of his disability. After we saw what he could do in your courses, we changed our plans. We are going to Canada this summer and the plans to build a wheelchair accessible house are on hold, hopefully indefinitely. My husband still wants to ride his bike and to golf again. Now we have no reason to tell him he can’t."

(408) 268 - 3691

www.RecoveringFunction.com
Built upon the core principles of NDT, the RPSF™ is a step by step framework of problem-solving strategies and manual cues for assessing potential and individualizing functional outcomes when implementing interventions for adult clients with hemiplegia.

How does a master clinician individualize functional outcomes for adult clients with hemiplegia? The RPSF™ gives you a step by step framework of problem-solving strategies and manual cues for assessing your client’s potential for recovery --- those with less ability, those with more ability, those having a recent onset, or those experiencing a more chronic recovery --- leading you from the initial interview to the achievement and documentation of reimbursable, discipline specific, individualized functional outcomes.

Equally important, the RPSF™ gives the team as a whole a common framework and vocabulary for coordinating activities, dialoguing about client potential and progress, and documenting individualized functional outcomes when implementing interventions for adult clients with hemiplegia.

“Cathy, after one day back at work, all I can say is “WOW!” Katherine and I returned to a nearly exclusive CVA caseload, which is very uncommon in our facility, but perfect timing! We were absolutely stunned at the results we were able to accomplish in an hour with each of our patients today using the techniques taught to us this past weekend! It was so exciting to see patients activating trunk muscles and triceps, etc., that were previously inactive and to see their faces light up with their new found muscle activity. We worked with one 89 year old woman today who has had an occipital stroke and is currently weaning off the ventilator. Upon initially sitting her at the edge of the bed she was in such posterior pelvic tilt that she couldn’t reach forward at all. After 50 minutes, she was able to achieve an anterior pelvic tilt and weight shift forward sufficiently to reach her hairbrush when placed 25 inches away – UNBELIEVABLE! Two other patients achieved a neutral pelvic tilt and went from max assist for balance at the edge of the bed to contact guard assist by the end of the treatment while maintaining weight bearing and triceps activation on the affected arm! You have made believers of us and we are so grateful for the new found knowledge and ability to individualize treatment plans for our patients and help maximize their potential during their time at our facility. Thank you, thank you, thank you!”

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(408) 268 - 3691  www.RecoveringFunction.com
Recovering Function’s tiered Neuro-Developmental Treatment (NDT) curriculum allows you to develop skills at your own pace by progressively alternating each tier’s course work with the application of learned skills on the job. In addition, by registering therapists for specific tiers, your rehabilitation team can achieve its target skills profile of introductory, advanced, and certified skills and establish a peer mentoring structure that is both effective and cost efficient. You can choose either pay as you go or package discount registration.

Frequently Asked Questions

Q. How did Recovering Function’s tiered NDT curriculum evolve?
A. Recovering Function has offered a full range of NDT courses since 1991. Therapists and assistants attending these courses requested tests of competency and credentialing from Recovering Function to help them demonstrate their competency for clinical ladders. Similarly, team leaders requested team credentialing from Recovering Function to help them demonstrate team competency when applying for stroke certification. They also requested a curriculum architecture that would allow them to achieve their team’s target skills profile of introductory, advanced, and certified skills; to establish an effective and cost efficient peer mentoring structure; and to complete course work at their own pace. Recovering Function’s tiered NDT curriculum addresses these requests.

Q. Can I attend each course of each tier anytime/anywhere it is offered, and can I register and pay for each course as I go?
A. Yes. Each course must be completed in prerequisite order. Each course has individual pricing.

Q. Are there discounts if I register for multiple courses, or if my facility registers multiple therapists for the same courses?
A. Yes. You must register for the courses at the same time, but may choose any course dates/locations; see www.RecoveringFunction.com for package discounts.

Q. Which course results in RPSFC or RPSFCA?
A. RPSFC and RPSFCA are specifically associated with the successful completion of the certification course “Implementing Client Interventions Using the Principles of NDT” and its exam (Parts I-V are not certification courses).

Q. If I previously completed Recovery Function’s three week course, can I also pursue RPSFC?
A. Yes. This course satisfies the prerequisites for Part III (Tier-I, Tier-A, and Tier-C courses issue certificates from Recovering Function and are not affiliated with the NDTA).

Q. Is there a difference in expectations for therapists and assistants when being evaluated for RPSFC and RPSFCA?
A. Yes. Consistent with professional roles, therapists carry higher requirements for assessment.

Q. After receiving my RPSFC or RPSFCA, how can I stay current?
A. The curriculum is continuously updated by integrating new research from the neurosciences, bio-kinesiology, motor learning, and motor control into each course. Recovering Function recommends participation in the online Tiered Curriculum Webinars and Tiered Curriculum Mentoring Program™ to stay current and to experience new client interventions.
Recovering Function Tiered Curriculum Webinars and Mentoring Program

Recovering Function has offered a full range of NDT courses since 1991. Therapists and assistants progressing through these courses in the Tiered Curriculum often ask how they can build upon the skills they learned in the courses, as well as request help with applying those skills for clients they treat at work. The Tiered Curriculum Webinars and the Tiered Curriculum Mentoring Program™ address this by offering live, face-to-face, online offerings for therapists and assistants who have completed the prerequisite Recovering Function courses.

**Tiered Curriculum Webinars**

*Live, online in-depth sessions to help you build on the skills you learned so your clients achieve additional functional outcomes*

Tier-I, Tier-A, and Tier-C therapists and assistants can attend Tiered Curriculum Webinars between courses to help them build on the skills they learned so their adult clients with hemiplegia can achieve additional functional outcomes.

**Tiered Curriculum Mentoring Program™**

*Live, online mentoring sessions to help you apply the skills you learned for clients you are currently treating*

**WebQ&A™**

Tier-I, Tier-A, and Tier-C therapists and assistants can attend question and answer sessions between courses to help them with questions they have about their current interventions for adult clients with hemiplegia.

**RPSF WebConsultation™**

Tier-A and Tier-C therapists can request instructor consultations to help them with questions they have about applying the RPSF™ during interventions for their adult clients with hemiplegia.

**RPSF WebTeamConsultation™**

RPSFC OT/PT teams working at facilities that are standardizing on the RPSF™ can request instructor consultations for themselves and their team members to help them during live interventions for their adult clients with hemiplegia.

Schedules for these offerings are distributed via email. To receive additional information about them therapists and assistants who have completed Part II or later can send an email to info@RecoveringFunction.com.

See you online!

(408) 268 - 3691

www.RecoveringFunction.com
Introduction to NDT (Part I):
Achieving Functional Outcomes for Adults with Hemiplegia
Using the Principles of NDT

Course Description: This two day, “hands-on” continuing education course is designed for those who would benefit from a more in-depth understanding of the principles of NDT. Through the use of client videos you will be able to identify how each system influences motor control and understand the impairments in each system that impede your clients’ abilities to recover function. Your clinical reasoning will be improved through an understanding of neuroplasticity, resulting in your ability to select methodologies that match the etiology of CVA. Through self-experience labs you will learn how components of movement of the trunk influence each other, and understand how they influence the involved UE for active weight bearing and reach, and the involved LE for the stance and swing phases of gait. You will learn to provide effective interventions for your acute clients who are unable to control the trunk posture in sitting due to impairments causing poor head and trunk control. You will also learn what to expect and what to do when your clients attempt the transition from sit to stand. You will be provided with treatment ideas for achieving functional outcomes for your clients, including increased safety and independence. Using “hands-on”, you will learn how to access components of movement of the trunk and LE’s required for the sub-phases of sit to stand, stand to sit, and for transfers. Facilitation of bed mobility will be demonstrated. You will gain an increased appreciation of the effect NDT can have on your clients’ recovery of function. You will also be provided with examples of documentation for achievable, reimbursable, discipline specific functional outcomes using NDT.

Prerequisite: None
Intended Audience: OTR’s, PT’s, COTA’s, PTA’s
Contact Hours: 15
Course Hours: Registration 7:30 a.m.
Day one 8:00-5:30
Day two 8:00-5:00

Learning Outcomes: Upon completion you will be able to:
❖ Use the principles of NDT to provide your clients with opportunities for use of more effective movement strategies to achieve functional outcomes
❖ Identify how impairments in each system impede your clients’ abilities to recover function
❖ Demonstrate an understanding of neuroplasticity and be able to select methodologies that match the etiology of CVA
❖ Identify the components of movement of the trunk and understand how these components influence the involved UE and LE
❖ Use effective interventions for your acute clients whose impairments cause poor head and trunk control in sitting
❖ Use treatment ideas to achieve functional outcomes, including increased safety and independence
❖ Use manual cues to access components of movement of the trunk and LE required for the sub-phases of sit to stand, stand to sit, and for transfers
❖ Use examples to document achievable, reimbursable, discipline specific functional outcomes for use in all systems including a managed care environment, PPS and Medicare

“I feel rejuvenated as a therapist. I am so excited to go back and put my knowledge to use. I wish I would have attended this course earlier in my career and would have been able to provide my patients more quality treatment.”

www.RecoveringFunction.com
Getting Results Faster (Part II):
Challenging the Involved LE to Improve Gait and the Involved UE to Increase Safety and Independence Using the Principles of NDT

Course Description: This two day, “hands-on” continuing education course with emphasis on the LE and UE will provide you with an increased understanding of how hemiplegia alters the sub-phases of gait and the normal bio-mechanics of the shoulder complex from an NDT perspective. You will learn how to remediate the core elements of movement required for each activity. You will also be provided with numerous examples of how to change features of the environment to increase your clients’ motivation and interest, increase or decrease challenge for movement, and provide feedback for facilitating use of effective movement strategies. You will also learn how to use features of the environment to develop pretests and posttests to demonstrate your clients’ achievement of functional outcomes as a result of your skilled interventions. You will learn how to develop discipline specific skilled intervention goals for your adult clients with hemiplegia. Through the use of self-experience labs you will learn the factors that influence movement and understand how they can be used to develop a logical progression of challenge designed to progress toward the skilled intervention goal. You will learn how to use the RPSF™ to develop treatment ideas and discipline specific, individualized functional outcomes to help your clients realize their potential for recovery of function. You will learn how to individualize expectations for practice in order to increase retention and carryover when instructing clients for home exercise programs. You will also learn how to document achievable, reimbursable, discipline specific functional outcomes for your clients.

Learning Outcomes: Upon completion you will be able to:
❖ Use the problem-solving strategies and manual cues of the RPSF™ to assess potential and individualize functional outcomes using the principles of NDT
❖ Identify the core elements of movement of the RMAF™ and analyze their use in functional activities
❖ Use features of the environment to facilitate your clients’ use of effective movement strategies
❖ Use pretests and posttests to demonstrate your clients’ achievement of functional outcomes due to your skilled interventions
❖ Develop a discipline specific skilled intervention goal and a logical progression of challenge that progresses toward that goal
❖ Develop treatment ideas and individualized functional outcomes to help your clients realize their potential for recovery of function
❖ Individualize expectations for practice of use of components of movement in order to increase retention and carryover when instructing for a home exercise program
❖ Document achievable, reimbursable, discipline specific, skilled intervention goals and individualized functional outcomes for your clients

Applying the RPSF™ (Part III):
A Step By Step Framework for Assessing Potential and Individualizing Functional Outcomes Using the Principles of NDT

Course Description: This two day, “hands-on” continuing education course provides you with a step by step framework of problem-solving strategies and manual cues for assessing potential and individualizing functional outcomes for your adult clients with hemiplegia using the principles of NDT (Runyan Problem Solving Framework™). You will learn how to use a framework for movement analysis (Runyan Movement Analysis Framework™) to assess your clients’ ineffective movement strategies, missing components of movement, and impairments for the trunk and involved extremities during functional activities. In self-experience labs you will use the RMAF™ to analyze movement strategies and be able to identify the core elements of movement required for each activity. You will be provided with numerous examples of how to change features of the environment to increase your clients’ motivation and interest, increase or decrease challenge for movement, and provide feedback for facilitating use of effective movement strategies. You will also learn how to use features of the environment to develop pretests and posttests to demonstrate your clients’ achievement of functional outcomes as a result of your skilled interventions. You will learn how to develop discipline specific skilled intervention goals for your adult clients with hemiplegia. Through the use of self-experience labs you will learn the factors that influence movement and understand how they can be used to develop a logical progression of challenge designed to progress toward the skilled intervention goal. You will learn how to use the RPSF™ to develop treatment ideas and discipline specific, individualized functional outcomes to help your clients realize their potential for recovery of function. You will learn how to individualize expectations for practice in order to increase retention and carryover when instructing clients for home exercise programs. You will also learn how to document achievable, reimbursable, discipline specific, skilled intervention goals and individualized functional outcomes for your clients.

Learning Outcomes: Upon completion you will be able to:
❖ Use the problem-solving strategies and manual cues of the RPSF™ to assess potential and individualize functional outcomes using the principles of NDT
❖ Identify the core elements of movement of the RMAF™ and analyze their use in functional activities
❖ Use features of the environment to facilitate your clients’ use of effective movement strategies
❖ Use pretests and posttests to demonstrate your clients’ achievement of functional outcomes due to your skilled interventions
❖ Develop a discipline specific skilled intervention goal and a logical progression of challenge that progresses toward that goal
❖ Develop treatment ideas and individualized functional outcomes to help your clients realize their potential for recovery of function
❖ Individualize expectations for practice of use of components of movement in order to increase retention and carryover when instructing for a home exercise program
❖ Document achievable, reimbursable, discipline specific, skilled intervention goals and individualized functional outcomes for your clients

Prerequisite
Part I
Intended Audience OTR’s, PT’s, COTA’s, PTA’s
Contact Hours 15
Course Hours Registration 7:30 a.m.
Day one 8:00-5:30
Day two 8:00-5:00

Prerequisite
Part II
Intended Audience OTR’s, PT’s, COTA’s, PTA’s
Contact Hours 15
Course Hours Registration 7:30 a.m.
Day one 8:00-5:30
Day two 8:00-5:00

(408) 268 - 3691
www.RecoveringFunction.com
Applying the RPSF™ (Part IV): Manual Cues for Accessing Missing Components of Movement with Intensive Focus on the Trunk Using the Principles of NDT

Course Description: This two day, “hands-on” continuing education course provides you with the manual cues required to access missing components of movement of the trunk for your adult clients with hemiplegia. In each lab you will learn how to use these manual cues to assess underlying impairments, facilitate use of effective muscle activity, and increase ROM for each body segment of the trunk (including the pelvis and lumbar spine, thoracic spine and ribs, scapula and clavicle, and the sternum and true ribs). You will also be provided guidelines for use of the soft tissue stretches for the components of movement of the trunk. You will learn how to use the RPSF™ to develop treatment ideas and achievable, reimbursable, discipline specific functional outcomes related to each component of movement of the trunk. You will learn how to use manual cues to facilitate your clients’ use of more effective movement strategies for postural control in sitting and standing, and for the transitions of supine to sit and sit to supine, both toward the involved side and toward the less involved side. You will learn to use features of the environment related to use of components of movement of the trunk during functional activities. You will learn how to individualize expectations for practice of use of components of movement of the trunk in order to increase retention and carryover when instructing clients for home exercise programs. You will also learn how to document achievable, reimbursable, discipline specific, skilled intervention goals and individualized functional outcomes related to components of movement of the trunk for your clients.

Learning Outcomes: Upon completion you will be able to:
✓ Use the RPSF™ to assess underlying impairments and access missing components of movement of the trunk, using the principles of NDT
✓ Use the soft tissue stretches for the components of movement of the trunk, as well as understand when to use them
✓ Use the RPSF™ to develop treatment ideas and achievable, reimbursable, discipline specific, individualized functional outcomes related to each component of movement of the trunk
✓ Use manual cues to facilitate effective muscle activity and increased ROM for lumbar extension, lumbar flexion and lateral lumbar flexion
✓ Use manual cues to facilitate effective muscle activity and increased ROM for thoracic extension, lateral flexion, and rotation of the thoracic spine, including alignment and movement of the rib cage
✓ Use manual cues to facilitate transitions of supine to sit and sit to supine, to both the involved side and less involved side
✓ Use features of the environment to facilitate use of more effective movement strategies related to use of the components of movement of the trunk during functional activities
✓ Individualize expectations for practice of use of components of movement of the trunk in order to increase retention and carryover when instructing for a home exercise program
✓ Document achievable, reimbursable, discipline specific, skilled intervention goals and individualized functional outcomes related to the trunk for your clients

Prerequisite
OTR’s, PT’s, COTA’s, PTA’s

Intended Audience

Contact Hours
15

Course Hours
Registration 7:30 a.m.
Day one 8:00-5:30
Day two 8:00-5:00
(408) 268 - 3691

www.RecoveringFunction.com

Applying the RPSF™ (Part V): Manual Cues for Accessing Missing Components of Movement with Intensive Focus on the UE and on Gait Using the Principles of NDT

Course Description: This four day, “hands-on” continuing education course provides you with the manual cues required to access missing components of movement of the involved UE for reach, active weight bearing, and fine motor, and also of the involved LE for functional gait for your adult clients with hemiplegia. You will learn how to use these manual cues to assess underlying impairments, facilitate use of effective muscle activity, and increase ROM for each body segment of the involved UE and LE. You will learn how to use the RPSF™ to develop treatment ideas and achievable, reimbursable, discipline specific functional outcomes related to each component of movement of the UE and LE. Each lab will have a discipline specific emphasis that allows the client to benefit not only from a holistic, team approach but also from the specific expertise afforded by each discipline. You will learn how to use manual cues to increase pain free shoulder flexion for anterior and up reach requiring at least 120°. You will learn how to use manual cues to facilitate effective muscle activity of the trunk and hip extensors, abductors and knee extenders required for mid-stance alignment in standing and functional gait. You will learn how to use manual cues to increase pain free finger and wrist extension as well as to increase ROM for ankle dorsiflexion, promoting increased use of the involved UE and LE for active weight bearing. You will learn how to use manual cues to facilitate fine motor, and both the stance and swing phases of gait when ascending and descending stairs, stepping, turning, and negotiating curbs. You will learn how to use features of the environment related to use of the components of movement of the UE and LE during functional activities. You will also learn how to individualize expectations for practice of use of components of movement of the UE and LE in order to increase retention and carryover when instructing clients for home exercise programs as well as to individualize the use of orthotics, and assistive devices for ambulation. You will also learn how to document achievable, reimbursable, discipline specific, skilled intervention goals and individualized functional outcomes related to components of movement of the UE and LE for your clients.

Learning Outcomes: Upon completion you will be able to:
✓ Use the RPSF™ to assess underlying impairments and access missing components of movement of the involved UE and LE, using the principles of NDT
✓ Use the RPSF™ to develop treatment ideas and achievable, reimbursable, discipline specific, individualized functional outcomes related to the involved UE and LE
✓ Use manual cues to increase pain free ROM requiring at least 120° of shoulder flexion for functional anterior and up reach
✓ Use manual cues to facilitate effective muscle activity and strength of the involved LE in mid-stance alignment in standing
✓ Use manual cues to increase ROM of the wrist and hand to facilitate fine motor
✓ Use manual cues to facilitate the swing phases of gait
✓ Use features of the environment to facilitate use of more effective movement strategies related to use of the components of movement of the UE and LE during functional activities
✓ Individualize expectations for practice of use of components of movement of the UE and LE in order to increase retention and carryover when instructing for a home exercise program
✓ Individualize use of orthotics and assistive ambulation devices for effective management of the involved UE and LE
✓ Document achievable, reimbursable, discipline specific, skilled intervention goals and individualized functional outcomes related to the involved UE and LE for your clients

Prerequisite
OTR’s, PT’s, COTA’s, PTA’s

Intended Audience

Contact Hours
30

Course Hours
Registration 7:30 a.m.
Each day 8:00-5:30
Last day 8:00-4:30

Part III
Part IV
Applying the RPSF™ (Certification):
Implementing Client Interventions Using the Principles of NDT
Certification for therapists and assistants

Course Description: This five day, client intervention, certification course provides you with the opportunity to learn how to apply the RPSF™ during instructor-led interventions with the featured client with hemiplegia using the principles of NDT. You will learn how to examine, assess, and treat the featured client, progressing from the initial interview to the client’s achievement of individualized functional outcomes. You will develop pretests and posttests that allow you to verify and document the new individualized functional outcomes achieved by the client as the result of skilled intervention. You will learn how to use features of a functionally rich environment to examine the client’s functional activity abilities and functional activity limitations according to the rehab categories from an NDT perspective.
You will learn how to use manual cues to assess the client’s underlying impairments while accessing missing components of movement to facilitate the use of more effective movement strategies. You will develop discipline specific, skilled intervention goals and functional activities for the client, and use features of the environment to develop progressive ranges of challenge leading to those goals. You will use the RPSF™ to develop and document achievable, reimbursable, discipline specific, individualized functional outcomes for the client, as well as to individualize home exercise programs that will promote retention and carryover.

Learning Outcomes: Upon successful completion you will be able to demonstrate the following understanding of the RPSF™:
❖ Demonstrate the ability to design pretests and posttests that validate the client’s achievement of individualized functional outcomes as the result of skilled intervention
❖ Demonstrate an understanding of the use of features of the environment to examine the client’s functional activity abilities and functional activity limitations according to the rehab categories from an NDT perspective
❖ Demonstrate an understanding of the use of manual cues to assess the client’s underlying impairments while accessing missing components of movement to facilitate the use of more effective movement strategies
❖ Demonstrate the ability to develop discipline specific, skilled intervention goals and movement strategies leading to those goals
❖ Demonstrate the ability to use features of the environment to develop progressive ranges of challenge leading to skilled intervention goals
❖ Demonstrate the ability to develop achievable, reimbursable, discipline specific, individualized functional outcomes
❖ Demonstrate the ability to individualize expectations when developing home exercise programs
❖ Demonstrate the ability to document daily progress toward achievable, reimbursable, discipline specific, individualized functional outcomes and correlate them to the rehab categories from an NDT perspective

Prerequisite: Part V
Intended Audience: OTR’s, PT’s, COTA’s, PTA’s
Contact Hours: 38
Course Hours:
Registration 7:30 a.m.
Each day 8:00-5:30
Last day 8:00-4:30
(Certification course participants continue to develop their skills for applying the RPSF™ by working with their instructor online after returning home.)

(Left) During the examination phase Glen, who has hemiplegia on the left, demonstrates the functional activity limitation of the inability to take several steps toward an object positioned on the floor.
(Left) During the examination phase Glen, who has hemiplegia on the left, does not attempt to use his left, involved UE to assist when standing from a wheelchair. (Right) During the treatment phase Glen is benefiting from practicing active weight bearing using his left, involved UE while increasing challenge for muscle activity of the left elbow extensors and scapular depressors by using his left, involved UE to assist in a transfer.

“Cathy, I’ve been getting some great results applying the RPSF™ at work. As a department we are fully embracing the NDT approach. Others have interest in furthering their education and learning about your courses.”

While examining Glen’s functional activity limitation of the inability to stand while using his left involved LE for active weight bearing and his right, less involved UE to pick up the object, the skilled clinician is also able to assess his potential to use a more effective movement strategy.
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### Course Dates, Locations, and Pricing

**Introduction to NDT (Part I):**

- **Achieving Functional Outcomes for Adults with Hemiplegia**
- **Using the Principles of NDT**

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**NDT Instructor:** Cathy Runyan, OTR/L
REGISTRATION FORM

Please fill out this form completely and PRINT clearly or processing of your registration may be delayed. Copies of this registration form are also accepted.

REGISTRATION by MAIL
Complete the Registration Form and mail with your check, money order, or credit card number.

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Complete the Registration Form and fax with your credit card number.

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Call our office in San Jose, CA between 9:00 A.M. and 5:00 P.M. PST, M-F with your credit card number.

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Once payment is received you will receive directions to the course (you are not registered until payment is received).

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PRINT ALL INFORMATION CLEARLY IN BLOCK LETTERS

Course or package: _______________________________________

Course location: _________________________________________

Course dates: ____________________________________________

Name: __________________________________________________

(Credential: ____________________________ (e.g. OTR/L, MPT)

Nickname for name tag: __________________________________

Street: __________________________________________________

City: _______________________ State: ____ Zip: _____________

Home Phone: ___________________________________________

Work Phone: ____________________________________________

Work Fax:  ______________________________________________

E-mail Address: _________________________________________

How did you first hear about this course? ___________________

Your facility : ____________________________________________

(Not Agency)

NDT course(s) attended: __________________________________

Date(s)&Instructor(s): ____________________________________

Payment enclosed: $ ___________

Credit Card #:__________________________________________$

Visa    MC    AmEx    Discover      Expiration date ___/___

Make checks or money orders payable to Recovering Function. Send payment and registration form to:

Recovering Function
1582 Pam Lane, San Jose, CA, 95120
Phone (408) 268 - 3691
Fax (408) 927 - 6183
E-mail: info@RecoveringFunction.com
Website: www.RecoveringFunction.com
Recovering Function is dedicated to the education of occupational and physical therapists and assistants who are working with adult clients with hemiplegia. Recovering Function has offered NDT (Bobath) courses since 1991, providing therapists and assistants with practical treatment ideas based on the NDT approach.

Recovering Function consistently provides state-of-the-art education that is current in the advances made in the fields of neuroscience, motor control and motor learning and in the understanding of biomechanical laws influencing components of movement. The courses address adult clients with hemiplegia in every setting including the acute hospital, rehab center, skilled nursing facility, outpatient clinic, and the home. The emphasis in Recovering Function courses is on “getting results faster” for your clients while providing you with the highest quality of instruction.

The “hands-on” courses offered by Recovering Function provide you with problem-solving strategies and manual cues based on the principles of NDT for your adult clients with hemiplegia. You will also learn how to write achievable, reimbursable, discipline specific individualized functional outcomes for all systems including Medicare, managed care, and private insurers. Recovering Function’s certification course offers you the unique experience of learning how to examine, assess, and treat the featured client, progressing from the initial interview to the client’s achievement of individualized functional outcomes.

Join a Recovering Function course for a great learning experience. It is exciting when you realize the results that can be gained for your adult clients with hemiplegia through the use of problem-solving strategies and manual cues using the NDT approach!

Cathy Runyan, OTR/L, has over 25 years experience treating adult clients with hemiplegia in various settings including the acute hospital, rehab center, skilled nursing facility, outpatient clinic, and the home. She is recognized nationally as an expert in the treatment of adult clients with hemiplegia and has taught more than 1,000 NDT introductory, advanced, and certification courses throughout the United States. Among her other career achievements are guest lecturer at San Jose State University, university textbook author, and NDTA Coordinator Instructor. Cathy is the creator of the RPSF™, a step by step framework of problem-solving strategies and manual cues built upon the core principles of NDT for assessing potential and individualizing functional outcomes when implementing interventions for adults with hemiplegia.

“Very well organized and presented, great content and very applicable, great treatment ideas. I will treat patients much more effectively thanks to this course. I also have a very different view of the value of NDT compared to before. I will definitely take another course from you.”

“Thank you for your time. This course has opened a lot of eyes within our staff.”

“This was a great course which incorporated function instead of what is the OT role vs. PT role. I will definitely be attending further courses to increase my knowledge base to help facilitate those patients which I had previously felt had no potential.”

“I will look at our patients in a different light. I feel that I will be able to help those patients that we had given up on at our facility and be better able to serve our future CVA patients.”

Attn: Rehab Services
Please Share This Information with Your Colleagues

Cathy is truly inspirational. She is an amazing clinician and mentor. She explains the material in a way that promotes excellent retention.”

“Cathy’s delivery is outstanding. She is dynamic and bright and maintains the interest of the group. It is clear how passionate she is about the topics.”

www.RecoveringFunction.com
About Recovering Function
408. 268.3691/Fax 408. 927.6183

Recovering Function 1582 Pam Lane San Jose, CA 95120

Join a Recovering Function course for a great learning experience. It is exciting when you realize the results that can be gained for your adult clients with hemiplegia through the use of problem-solving strategies and manual cues using the NDT approach!

Cathy has dedicated her professional career to the NDT (Bobath) approach when working with adult clients with hemiplegia. Her goal is to provide you with a learning experience that will help your adult clients with hemiplegia achieve their full potential for recovery.