

## REGISTRATION

Please enroll me in the course:

**NEURO-IFRAH® Approach in the Treatment and Management of Adults with Hemiplegia:**

Dates: \_\_\_\_\_

**Maximizing Functional Outcomes Through Effective Home Programs**

Dates: \_\_\_\_\_

**Walking for Life**

Dates: \_\_\_\_\_

**Function in Upright Postures**

Dates: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Profession: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Send completed application to:

NEURO-IFRAH Center  
3252 Holiday Court suite 203.  
La Jolla, CA 92037

Introduction to the  
**NEURO-IFRAH®**  
APPROACH  
IN THE TREATMENT  
AND MANAGEMENT OF  
ADULTS WITH HEMIPLEGIA  
FROM A STROKE OR  
BRAIN INJURY

MAXIMIZING FUNCTIONAL  
OUTCOMES THROUGH  
EFFECTIVE HOME  
PROGRAMS

ASSESSMENT AND MANAGEMENT  
OF FUNCTIONAL GAIT:  
WALKING FOR LIFE

FUNCTION IN UPRIGHT  
POSTURES <sup>®</sup>

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Presented By:



**NEURO-IFRAH® Center**

3252 Holiday Court suite 203  
La Jolla, CA 92037

## **INTRODUCTION TO THE NEURO-IFRAH® APPROACH IN THE TREATMENT & MANAGEMENT OF ADULTS WITH HEMIPLEGIA**

### **Course Description:**

If you are a PT, OT, SP or Physical & Occupational Therapy Assistant or a Nurse looking to improve or update your handling skills, this course is for you.

This three day course is designed to provide participants with an introduction to the NEURO-IFRAH® principles of management and a practical application of these principles to increase function. Participants will be able to apply the information learned in a variety of treatment settings including acute care, inpatient and outpatient rehabilitation, home care and skilled nursing facilities.

This course will consist of lecture, lab and patient demonstration by instructor. Lab sessions will emphasize the development of patient handling skills through working with other participants.

### **Program Objectives:**

Upon completion of this course, participants will be able to:

1. Identify the basic principles of management of the NEURO-IFRAH® approach.
2. Identify the handling guidelines related to the NEURO-IFRAH® approach.
3. Identify concepts related to framework for normal movement.
4. Differentiate between normal and abnormal movement in function.
5. Identify the missing components of movement that are interfering with patient's ability to function at a higher level.
6. Apply handling techniques to help attain the missing components of movement that are interfering with functioning at higher levels.
7. Integrate concepts related to the framework for normal movement, management guidelines, and handling techniques into activities of daily living and other functional activities.

## **MAXIMIZING FUNCTIONAL OUTCOMES THROUGH EFFECTIVE HOME PROGRAMS**

### **Course Description:**

This two-day course is specifically designed for occupational and physical therapists and assistants who work with adults with hemiplegia from a stroke or brain injury. The emphasis in this course will be on developing effective home programs that facilitate more normal movement throughout the body and encourage the patient to incorporate missing components of movement in a functional context. Therapists and assistants at all levels of education who work throughout the continuum of care will benefit from this course. The information will be presented by lecture, lab, and problem solving sessions. Various visual aids will be used to demonstrate the practical application of the concepts provided in the course.

### **Objectives:**

1. Identify factors effecting rehab outcomes and carryover.
2. Identify considerations for provision of home programs for patients at various levels of function.
3. Identify concepts related to assessment of the environment and patient's current level of function.
4. Identify concepts related to designing a home program that targets specific components of movement and increases the patient's opportunity to interact with the environment.
5. Develop a home program that increases mobility and facilitates missing components of movement.
6. Develop strategies to grade activity, movement, and input.
7. Develop effective strategies to increase function and make it functional.
8. Develop strategies to encourage generalization of skill and carryover.
9. Develop strategies to coordinate gained movement with the whole body and encourage positive effects on body image, self-image, and confidence.
10. Effectively document the process and steps provided in the home program.

## **WALKING FOR LIFE**

An Introductory level course

### **Course Description:**

This 2-3 day introductory level course is specifically designed for physical and occupational therapists and certified assistants who work with adults who are effected by a stroke or brain injury. This course will provide participants with a comprehensive whole body and whole person approach to assessment, management, planning and management of walking. This course will utilize movement analysis and an effective outcome oriented and inclusive management approach based on concepts of normal movement, movement sciences, Neuro-Integrative Functional Rehabilitation and Habilitation (NEURO-IFRAH®) concepts taught by Mr. Waleed Al-Oboudi, MOT, OTR. Creative progressions in resolving impairments and developing control and carry over for patients at various levels of function will be demonstrated and discussed. Therapists and assistants working in acute rehab, outpatient long term care and home health will benefit from this workshop.

The course format will include lecture, problem solving, demonstration of practical application of concepts by the instructors, practice labs and videos demonstrating the application on patients. This course will be followed by intermediate level, advance and ultra advance courses on function in upright postures.

### **Course Objectives**

Upon completion of the course participants will be able to:

1. Identify the importance of walking as a critical step in rehab process and its effect on role assumption and resumption.
2. Identify factors influencing walking (whole body and other systems)
3. Identify normal components of movements in gait.
4. Identify abnormal components of movement interfering with gait in various conditions of observation.
5. Apply handling techniques to facilitate control in standing and pre-gait.
6. Apply handling techniques to facilitate one step at a time, walking forward and, backward and turning for patients with various levels of function.
7. Identify strategies to facilitate increased walking speed to normal on an individual bases.
8. Identify strategies to use tools to facilitate more normal components of movement and responses at various stages of recovery.
9. Identify steps in developing a protocol for team management and carry over of walking.

## **FUNCTION IN UPRIGHT POSTURES**

This 2-3 intermediate level course is designed for physical and occupational therapists and certified physical and occupational therapy assistants who work with adults with hemiplegia from a stroke or brain injury.

This course covers the development and reacquisition of functional control in upright postures for patients at various level of function. Special emphasis will be placed on ascending and descending stairs, squatting, kneeling, stooping, transitions to and from the floor, climbing and various labs designed to increase mobility and dynamic control throughout the body.

### **Course Objectives**

Upon completion of the course participants will be able to:

1. Identify missing components of movement interfering with function in upright postures in various conditions of observation.
2. Identify steps for grading stairs ascending and descending, squatting, kneeling, stooping, transitions to and & from the floor and climbing patients at various levels of function.
3. Identify progressions for developing mobility and control throughout the body.
4. Identify progressions for running, jumping, skipping, and development of whole body coordination as well as coordination of movements with other systems
5. Apply handling techniques on other course participants and patients.
6. Identify consideration for providing home programs modification of the environment, achieving carry over.
7. Design and provide a home program to ensure effective carry over and integration in patients daily activities and roles.

### **Program Faculty:**

**WALEED AL-BOUDI, MOT, OTR**, is a renowned therapist and educator in the field of rehabilitation nationally and internationally. He is the originator of the Neuro-IFRAH® approach and is widely known for his superior and unmatched concepts and clinical skills in the treatment and management of patients affected by a stroke or brain injury. His basic to advanced concepts are widely copied as he was the mentor of a notable number of nationally known educators for many years. From 1993-2003 Mr Al-Oboudi taught more 3 week Neuro-Developmental Treatment/ Bobath courses than any one in the field and most of the advanced courses ever taught on record. He is the originator of all his intermediate to advanced concepts and applications. In January 2004 Mr. Al-Oboudi stopped teaching and contributing to other approaches and originated Neuro - Dynamic Therapy that since then has been identified by his concepts and applications as the Neuro-IFRAH® approach. He is also the originator of the IFRAH® concepts and applications for patients affected by orthopedic conditions. Mr. Al-Oboudi's Neuro-IFRAH® approach includes a whole system of hands on therapy, training equipment, and orthotics that are taught by Neuro-IFRAH® Instructors at top facilities and are known to be the most popular and effective courses nationally and internationally. Mr. Al-Oboudi's superior and unmatched concepts and clinical skills are self evident and set the standard of excellence as they have been continuously demonstrated in live nation conferences, courses and teleconferences for over 20 years .

### **Program Faculty for Walking for Life:**

**Amelia Chang, MHA, PT** is a NEURO-IFRAH Instructor®. Amelia has worked in a variety of settings throughout the continuum of care. She has a wide range of experience in acute, rehab, outpatient, home health, long term and subacute settings. Amelia is an Instructor for the NEURO-IFRAH® Center in La Jolla, California

### **John Ryan Carmona, PT, GCS, NCS**

Ryan has worked at HealthSouth Rehabilitation Hospital in Tyler, Texas since November of 1999 spearheading the Outpatient Day Neuro Program and presently leads in the development of the inpatient Neuro Program. He is a NEURO-IFRAH Instructor® and is widely known throughout the United States for teaching basic to Certification Courses since 1999.

### **GENERAL INFORMATION**

#### **COSTS:**

**Introduction to The NEURO-IFRAH® Approach in the Treatment and Management of Adults with Hemiplegia:**

\$500.00

**Maximizing Functional Outcomes Through Effective Home Programs**

\$400.00

**Walking for Life**

\$400.00

**Function in Upright Postures**

\$500.00

TIME: 8:30 am ~ 5:00 pm

REGISTRATION: 8am ~ 8:30 am

PARKING: Please contact Neuro-IFRAH® Center.

Hotel/Motel information:

Special hotel rate has been arranged at Sheraton La Jolla, CA (858) 453-5500. Please call for reservations and ask for Neuro-IFRAH group rate.

REFUND POLICY: All fees will be refunded except for \$55.00 administrative charge if written notice of withdraw is received on or before one month prior to course date. No refunds will be granted after that date. Cancellation by sponsor/instructor will result in full refund of tuition. Sponsor is not responsible for additional expenses incurred by registrants.

LOCATION: All other courses will be held at

**The NEURO-IFRAH® Center**

In beautiful La Jolla, California

Located near the Pacific Ocean at

3252 Holiday Court suite 203, La Jolla, CA 92037.

The center is within walking distance from hotels and 20 minutes from San Diego airport.