



**Neuro-Integrative Functional Rehabilitation and Habilitation (Neuro-IFRAH®) Center**

3252 Holiday Court Suite 203 • La Jolla, CA 92037

**Please Circulate To P.T., O.T., And Speech Pathology Departments**

*For sponsoring Introductory, Intermediate, Certification or Advanced Courses in your area, please call (858) 550-1455 or fax to (858) 550-5977*

**DON'T MISS THESE  
TWO COURSES**

RESOLVING SHOULDER  
IMPAIRMENTS AND  
IMPROVING FUNCTION

AND

FACILITATING  
HAND FUNCTION  
/FINE MOTOR  
CONTROL IN  
FUNCTIONAL  
ACTIVITIES

Presented By:



**Neuro-Integrative Functional Rehabilitation and Habilitation (Neuro-IFRAH®) Center**

[www.NEURO-IFRAH.org](http://www.NEURO-IFRAH.org)

# RESOLVING SHOULDER IMPAIRMENTS AND IMPROVING FUNCTION

## Program Description:

This two day course is specifically designed for occupational, physical therapists, and assistants who work with adult stroke and brain injury patients. This course will cover topics related to upper extremity management with emphasis on resolving shoulder impairments and recovering function. Information will be shared by lecture, video & other visual aides.

### OBJECTIVES

1. Identify principles of management handling guidelines and concepts related to the challenge of maximizing functional outcomes as related to upper extremity function.
2. Identify basic components of normal movements as related to upper extremity function.
3. Identify characteristics of upper extremity use and UE components of normal movement.
4. Differentiate between normal and abnormal upper extremity movement in functional activities.
5. Identify the missing components of movement that are interfering with the patients ability to function at a higher level.
6. Identify handling techniques. to help patients attain the missing upper extremity components of movement that are interfering with functioning at a higher level.
7. Identify handling techniques to resolve mobility problems and pain.
8. Integrate concepts related to normal movement, principles of management, general areas of function and handling techniques as related to the upper extremity in ADL.

### PROGRAM FACULTY

Waleed Al-Oboudi 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 national conferences, courses, and teleconferences for over 20 years .

## SYLLABUS

### Day One

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8:00 - 8:30	Registration
8:30 - 9:30	Welcome & Introductions, Identification of Challenges Encountered in UE Management
9:30 - 10:30	Principles of Management and Handling Guidelines and the Challenge of Maximizing Functional Outcomes as Related to Upper Extremity Management.
10:30 - 11:00	Break
11:00 - 12:00	Continued
12:00 - 1:00	Trunk Mobility & Control: as related to UE function
1:00 - 2:00	Lunch on your own
2:00 - 3:30	Assessment and Management of Scapula Mobility and Alignment to Decrease Shoulder Pain and Facilitate Recovery of Function
3:30 - 4:00	Break
4:00 - 5:00	Scapula-Humeral Mobility & Coordination

### Day Two

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8:30 - 10:30	Facilitation of Upper Extremity Control for Support.
10:30 - 11:00	Break
11:00 - 1:00	Patient Videos and discussion
1:00 - 2:00	Lunch on your own.
2:00 - 3:30	Developing Upper Extremity Control For Reach.
3:30 - 4:00	Break
4:00 - 5:00	Facilitating Upper Extremity Control in Functional Activities and Wrap Up.

## FACILITATING HAND FUNCTION/FINE MOTOR CONTROL IN FUNCTIONAL ACTIVITIES

### Course Description:

This two day course is specifically designed for occupational and physical therapists who work with patients with adult stroke and brain injury. This course will cover topics related to NEURO-IFRAH® Concepts by Waleed Al-Oboudi, MOT, OTR upper extremity management with an emphasis on facilitating hand function/fine motor control in functional activities.

### OBJECTIVES

Participants will be able to:

1. Identify concepts related to the challenge of maximizing functional outcomes as related to the development of hand function/fine motor control in functional activities.
2. Identify guidelines for facilitating hand use/fine motor control.
3. Identify effect of whole body mobility and control on hand function.
4. Differentiate between normal and abnormal hand function in functional activities.
5. Identify the missing components of movement that are interfering with the patient's ability to function at a higher level.
6. Apply handling techniques to prepare the hand for functioning at a higher level.
7. Apply handling techniques to help patients attain the missing components of movement interfering with functioning at a higher level.



### SYLLABUS

#### Day One

8:00 - 8:30	Registration
8:30 - 9:30	Welcome & Introductions. Group identification of challenges encountered in recovering for fine motor/hand function.
9:30 - 10:30	The challenges of maximizing functional outcomes as related to the development of hand function. Possible approaches to facilitating hand function/fine motor control. Guidelines for facilitating hand function/fine motor control.
10:30 - 11:00	Break
11:00 - 1:00	Management of whole body mobility, control and effect in hand function/fine motor control.
1:00 - 2:00	Lunch on your own
2:00 - 3:30	Fine motor/hand assessment in functional activities.
3:30 - 4:00	Break
4:00 - 5:00	Preparation of the hand for function.

#### Day Two

8:30 - 10:30	Developing finger extension and thumb control.
10:30 - 11:00	Break
11:00 - 12:00	Developing controlled finger flexion in activities requiring grasp. Developing of thumb movements on the fingers and finger movements on the thumb.
12:00 - 1:00	Developing of coordination of forearm, wrist, thumb and finger movements.
1:00 - 2:00	Lunch on your own.
2:00 - 3:00	Development of isolated finger control, opposition and translation skills.
3:30 - 3:45	Break
3:00 - 3:30	Development of Alternating skills and complex hand function.
3:45 - 4:45	Patient demonstration or video.
4:45 - 5:00	Discussion of patient demonstration. Ideas for development of speed, timing and automaticity and making Functional. Wrap up.

## GENERAL INFORMATION

### TIME:

8 am ~ 8:30 Registration  
Thereafter 8:30 am to 5:00 pm

### LOCATION:

**Neuro-IFRAH® Center**  
In beautiful La Jolla, California  
Located near the Pacific Ocean at  
3252 Holiday Court suite 203, La Jolla, CA 92037.  
The institute is within walking distance from  
hotels and 20 minutes from San Diego airport.

### FEES:

\$400.00 each course , if registration is received  
one month prior to the course.  
Check or credit card information must accompany  
the registration form.  
Make checks payable to Neuro-IFRAH Center.

### PARKING:

Please contact Neuro-IFRAH® Center

### Hotel/Motel Information:

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

### REFUND POLICY:

All fees will be refunded except for \$50.00  
administrative charge if written notice of  
withdrawal is given two weeks before the start of  
each course.  
NO REFUNDS will be given after that date.

## REGISTRATION

Please enroll me in the course:

- Resolving Shoulder Impairments  
and Improving Function**

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

- Facilitating Hand Use/Fine Motor  
Control in Functional Activities**

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

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

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

City: \_\_\_\_\_ St. \_\_\_\_\_ Zip: \_\_\_\_\_

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

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

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

- Shoulder \$400.00     Hand \$400.00     Both please call

- Enclosed is my check for:

\$ \_\_\_\_\_

Make payable to:  
**Neuro-IFRAH Center**

Sent to:  
**Neuro-IFRAH Center**  
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La Jolla, CA 92037

**For More Information Call:**  
Neuro-IFRAH® Center  
Tel: (858) 550-1455 Fax: (858) 550-5977