



**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 renowned nationally and internationally for his clinical skills and developing superior and unmatched courses. He has received the designation of Coordinator-Instructor for Adult Hemiplegia by the Neuro-Development Treatment Association, Inc. From 1993 to 2003, Waleed has taught more 3 wk NDT/Bobath courses throughout the United States than anyone in the field and most of the advanced courses provided in the United States. In January 2004, Mr. Al-Oboudi left the Neuro-Developmental Treatment Association, Inc. Mr. Al-Oboudi is no longer teaching for or associated with the Neuro-Developmental Treatment Association, Inc. Waleed Al-Oboudi is currently the Lead Instructor for the Neuro-Dynamic Therapy Organization and the NEURO-IFRAH® Organization as well as a lead Instructor at the Neuro-IFRAH® Center in La Jolla, CA. He is the originator of the Neuro-Dynamic Therapy approach & the Neuro-Integrative Functional Rehabilitation And Habilitation (Neuro-IFRAH®) approach. He holds a Master of Occupational Therapy degree from Western Michigan University. He has worked as a consultant in private practice since 1986 and has a wide range of experience in the treatment and management of individuals with adult hemiplegia from a stroke or brain injury in acute rehab, outpatient, and home care settings. Mr. Al-Oboudi has taught courses extensively throughout the United States for over 15 years and is renowned nationally and internationally for his highly effective and creative clinical skills.

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

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