REHAB-PARTNER

Upcoming Webinars 2021

Rehab-Partner invites you to our LiteGait Webinar series. Both the Clinical Classes and Clinical Tips & Tricks webinars apply to experienced and inexperienced users, as well as non-users and anyone who wants to know more about LiteGait. Get a taste of what our continuing education program has to offer.

These scheduled webinars are hosted by our Europe trainer who will be with during and after the presentation. The webinar is pre-recorded with our US trainers, and includes theoretical instruction, patient treatments and presentation of current research. It leaves the participants with ideas, tips & tricks to take home and apply in their everyday practice. Each webinar is followed up by live questioning and discussion.

We offer these valuable educational resources at no charge, and to register please forward participant's name, facility name and what day & time you want to participate to: info@rehab-partner.dk

Program & content

The same presentation is scheduled 2 times a day, an early and a midday presentation.

Tuesday 8th of June 2021 Recorded Clinical Case 90 minutes:
08.00 Braking Bad: Eccentric control for walking and mobility
12.00 Braking Bad: Eccentric control for walking and mobility

Tuesday 14th of September 2021 Recorded Clinical Tips & tricks 70 minutes:
08.00 LiteGait for the Severely Deconditioned Client: Post-COVID & More
12.00 LiteGait for the Severely Deconditioned Client: Post-COVID & More

Tuesday 5th of October 2021 Recorded Clinical Tips & tricks 70 minutes:
08.00 LiteGait for Spinal Cord Injury: Set Up for Success
12.00 LiteGait for Spinal Cord Injury: Set Up for Success

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Tuesday 8th of June 2021 Recorded Clinical Case 90 minutes:

Braking Bad: Eccentric control for walking and mobility *Nechama Karman, PT, MS, PCS*

Eccentric muscle contractions are the brakes of the human movement system. The speaker will present novel ideas on the role of eccentrics in walking and other motor tasks. In the normal gait pattern, the majority of muscle contractions are eccentric, yielding remarkable efficiency: harnessing momentum and ground reaction forces to minimize the energy cost of walking. In individuals with neurological injuries, movement impairments impede the ability to generate eccentric contractions or to time muscle contractions correctly, yielding co-contraction. This leads to a decrease in walking, functional performance and participation. The speaker will identify how these impairments impede gait ability and how to promote eccentric muscle contractions in intervention programs to minimize negative effects on gait and maximize walking performance.

Course Objectives:

State how the mechanics of breathing, talking, and postural control are inter-active and inter-dependent components of normal movement strategies.

1. Discuss the potential benefits of utilizing voicing strategies to improve postural control in order to treat gait impairment and enhance locomotor performance.
2. Identify eccentric elements of a biomechanically-efficient gait pattern that are not present in specific gait patterns demonstrated by individuals with neurological impairments.
3. Select intervention strategies or techniques to elicit eccentric muscle contractions and address the timing and alignment deficits observed in the gait pattern(s) of neurologically-impaired individuals.
4. Select intervention strategies or techniques to address the timing and alignment deficits observed in the gait pattern(s) of neurologically-impaired individuals

Live: Questions and open discussion

The Instructor: **Nechama Karman, PT, MS, PCS,** is a board certified pediatric physical therapist in private practice in Great Neck, NY. She has extensive experience in pediatric and adult rehabilitation settings, including inpatient, outpatient, acute and long-term rehab as well as home-based environments. She has been a LiteGait clinical trainer since 2008, and since 2010 has been responsible for ongoing clinical education programs for Mobility Research – including the facilitation of the online Journal Club, Case Studies & other clinical webinars. She has used LiteGait extensively across populations for both gait training and advanced skills training, primarily in individuals with acquired brain injuries and other neurological deficits. She was formerly on faculty at the School of Health Professions, Behavioral and Life Sciences of New York Institute of Technology, in Old Westbury, NY and School of Health Sciences, Hunter College of the City University of New York.

Tuesday 14th of September 2021 at 8.00 & 12.00 Recorded Tips & tricks 70 minutes:

LiteGait for the Severely Deconditioned Client: Post-COVID & More *Kayli Morgan, PT, MS*

LiteGait Therapy is a natural tool to provide a safe, supportive environment post-COVID patients need to improve their endurance and functional independence. This webinar is dedicated to discovering and reviewing the LiteGait tips and techniques for the deconditioned client, whether due to post-COVID or other diagnoses leading to severe deconditioning and prolonged bed rest.

Live: Questions and open discussion

Tuesday 5th of October 2021 at 8.00 & 12.00 Recorded Tips & tricks 70 minutes:

LiteGait for Spinal Cord Injury: Set Up for Success *Kayli Morgan, PT, MS*

With any diagnosis or level of function, optimal LiteGait setup is important so your client can have a successful and efficient therapy session. When you're working with an individual with a spinal cord injury, the setup is more than important, it's critical! This webinar will teach tips and tricks to enhance your ability to provide the best positioning for success, while covering pitfalls to avoid. We will also discuss and demonstrate ideas and approaches in LiteGait that are effective for the spinal cord injured individual.

Live: Questions and open discussion

The instructor: **Kayli Morgan, PT, MS,** is the Clinical Education Supervisor at Mobility Research where she interacts with LiteGait users daily to offer advice, assistance, and additional education on PWB-GT and LiteGait use. She acts as a liaison for both LiteGait customers and LiteGait Trainers. She received her Master of Science in Physical Therapy from Texas Woman's University in Dallas in 1999. She has a wide variety of clinical experiences, including acute care, subacute care, skilled nursing care, long term care, outpatient, and home health. She has utilized LiteGait in both inpatient and outpatient settings since being introduced to partial weight bearing gait therapy concepts in 2001. In addition to LiteGait trainings, she presents the LiteGait Therapy: Clinical Tips & Tricks webinar series for Mobility Research.