

Michael Dilenno,PT,DPT,CSCS Jacqueline Grimenstein,PT, CKTP

“Functional Exercise and Strengthening for the Neurologically Impaired Child” November 4, 2007

Immediate registration is highly recommended. Very limited class size.

REGISTRATION: please print clearly

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

WORK# _____ CELL# _____

FAX# _____ Discipline _____

E-MAIL (important: print clearly) _____

Registration Fee \$250.00

Early Registration * \$225.00

Rising Stars Staff * \$190.00

*Must be post-marked before:
10/04/07

Course fee includes course handouts; certificate of attendance including .6 CEUs; morning refreshments and light snacks. (Lunch on your own)

Group Rate: A10% reduction is available for 4 or more people registering together. *Total fee & registration for the entire group must be submitted in one envelope.*

Payment: Make checks payable to :

Rising Stars.
23 Olympia Lane
Monsey, NY 10952

For credit card payments: Visa MasterCard

Credit Card # _____

Exp Date _____ Signature _____

For more information, contact Rivka Vann

845-357-5583

845-369-1337 (fax)

www.rstarsinc.com

Confirmation of registration will be issued *two weeks* prior to the course.

General Cancellation Policy: A refund of 75% will be issued if cancelled up to three weeks in advance of conference. No refund if cancelled after the three week deadline unless the slot is filled, in which case 75% refund will be issued. Full refund (less travel) if conference is cancelled by sponsor.



ABOUT RISING STARS

Rising Stars Inc. provides high quality Early Intervention and Preschool services, including Physical Therapy, Occupational Therapy, Speech Therapy, Special Education, Parent Training and Service Coordination. Our goals are functional and family oriented. Our service is personal and professional.

The agency is committed to regularly bringing leading experts in the field of pediatric therapy & special education to the vicinity. We distinguish ourselves in maintaining a high level of therapist competence and ethics.

Visit us at

www.RStarsInc.com

This 1-day workshop will provide you with practical applications that you can use immediately to achieve results.

Continuing Education

Participants will receive **6 hours** of continuing education credit (**.6 CEUs**). Certificates will be awarded.

Rising Stars of Rockland, inc. is an **AOTA** Provider of Continuing



APPROVED PROVIDER of CONTINUING EDUCATION
by The American Occupational Therapy Association, Inc.

Education. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Rising Stars of Rockland will seek approval for **.6 CUEs** from the **NYPTA** (NY Physical Therapy Association).

And for **6 CE credits** from the **NJBPTE**.



Presents

**Michael Dilenno, PT, DPT, CSCS
Jacqueline Grimenstein,PT, CKTP**

Functional Exercise and Strengthening for the Neurologically Impaired Child



**Sunday
November 4, 2007**

Hilton
Fort Lee George Washington Bridge

2117 Route 4 East
Fort Lee, NJ 07024
(201) 461-9000

Course Description

This one-day, active, fun course provides clinicians with skills in designing effective treatment programs to improve function in children with special needs, by increasing their strength and endurance.

The course applies to children with hypotonia, spasticity, developmental delays and other neurological impairments.

An overview of the mechanisms that contribute to strengthening in children with disabilities is discussed as well as the role of the body systems in the process.

An evidence-based approach to examination procedures, intervention design, and outcome measure use is presented.

Practical activities and interventions for all levels of children including traditional strengthening modalities and current popular methods have immediate clinical application.

Participants will have the opportunity to practice Pilates, Martial arts; Swiss ball gymnastics, Theraband, isometric, isotonic, aerobic sequences, as well as gross motor development and endurance testing in lab.

Therapists will gain many ideas for adaptation for children of various levels and various ways to incorporate strengthening into the child's daily routine.

Learning Objectives

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

I- Identify influence of development on impairments and functional ability later in childhood and adolescence

II- Incorporating strengthening strategies into treatment programs.

III- Develop muscle strength and muscle endurance techniques that are incorporated into functional games and activities.

Schedule

8:00	Registration: Coffee/Pastries
8:30 to 4:00	Program
	Snacks will be available during breaks
	Program:
8:30-9:15	Influence of Development on strength
9:15-10:15	Areas of weakness (Lab: movement & development)
10:15-10:30	Break
10:30-11:15	Tests and outcome measures (Lab: Endurance Testing)
11:15-11:30	Strength Training – fact or fiction?
11:30-12:15	Lab: Martial Arts
12:15-1:15	Lunch (on your own)
1:15-2:00	Lab: Pilates
2:00-2:15	Break
2:15-3:30	Lab: Swiss Ball/ Theraband Activities
3:30- 4:00	Patient / Family Education

Who Should Attend

PTs, PTAs, OTs, COTAs, who work with children would gain from this presentation.

Instruction Level: Intermediate to Advanced

Attire/Equipment

Course attendees should wear lab clothes. Bring floor mats as the labs will involve floor exercises.

Bring a physioball for labs.

Any additional equipment is helpful, but not required: rocker boards; Bosu balls, Dyna discs; wobble boards, and small bolsters.

Accommodation

Rooms have been reserved at the Hilton at a reduced rate. Call Mr. Russell Clarke directly at the Hilton at 201-582-5224, and mention Rising Stars to get the reduction.

Speaker Biography

Michael Dilenno, PT, DPT, CSCS received his Master of Physical Therapy degree in 1999 from the University of the Sciences in Philadelphia and received his Doctor of Physical Therapy degree from Temple University in 2003.

Dr. Dilenno is a certified Strength and Conditioning Specialist credentialed by the National Strength and Conditioning Association. He is the outpatient physical therapy Team Leader at the Children's Hospital of Philadelphia (CHOP), specializing in Pediatric Orthopedics and Sports Medicine. He has presented the results of his strength testing and training research in children with bone disease and cerebral palsy multiple times at the APTA's Combined Section Meetings.

Dr. Dilenno is an adjunct lecturer of physical therapy at the University of the Sciences in Philadelphia and Arcadia University. He has lectured and instructed physicians, physical and occupational therapists, student physical therapy students nationally and internationally on the examination and treatment of children with orthopedic and neurologic dysfunction. He has been training in the martial arts for 20 years as well as teaching these skills to children with disabilities.



Jacqueline Grimenstein, PT, CKTP

received her Bachelor's Degree in Physical Therapy from the University of Pittsburgh in 1974. She presents at continuing education courses locally and nationally and has assisted Judi Bierman. She is an adjunct professor of advanced pediatrics at the University of the Sciences in Philadelphia. She is a member of the NDTA and currently a PT Instructor candidate. She has practiced in a wide variety of settings including 30 years within school settings. Presently she is the Director of Rehabilitation Services for the Outpatient Department at Weisman Children's Rehabilitation Hospital in Marlton, NJ and part time in the Audubon NJ Public School System.