

**THE ASSESSMENT AND TREATMENT OF ADULTS WITH NEUROLOGICAL DEFICITS
THE BOBATH CONCEPT**

PROGRAMME: 17 – 28 May; 28 June – 2 July 2010

Week 1

MONDAY

07H30 - 08H00 Registration
08H00 - 08H30 Introduction
08H30 - 09H00 Introductory lecture: Bobath and the Bobath concept
09H00 - 09H30 Lecture: Applying the ICF in rehabilitation
09H30 - 10H00 TEA
10H00 - 11H00 Lecture: Outcome-oriented rehabilitation (outcome levels and case study)
11H00 - 12H00 Lecture: Normal movement
12H00 - 13H00 LUNCH
13H00 - 14H00 Lecture: Central control: development and biomechanical aspects
14H00 - 15H00 Demonstration/analysis: Normal movement
15H00 - 15H30 TEA
15H30 - 16H30 Practical: Normal movement analysis

TUESDAY

07H30 - 08H30 Lecture: Principles of assessment
08H30 - 09H30 Lecture: Principles of assessment and case study
09H30 - 10H00 TEA
10H00 - 11H00 Lecture: Goal-setting and management planning
11H00 - 12H00 Lecture: Dynamic stability: The trunk
12H00 - 13H00 LUNCH
13H00 - 14H00 Demonstration of assessment
14H00 - 15H00 Clinical: Assessment of patients (Group 1)
15H00 - 15H30 TEA
15H30 - 16H30 Practical: Trunk: Assessment, initiation of movement

WEDNESDAY

07H30 - 08H30 Lecture: Principles treatment and key points of control
08H30 - 09H30 Lecture: Principles treatment and key points of control and case study
09H30 - 10H00 TEA
10H00 - 11H00 Clinical: Assessment of patients (Group 2)
11H00 - 12H00 Planning of treatment (Group 1)
12H00 - 13H00 LUNCH
13H00 - 14H00 Demonstration: Treatment of patient
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 TEA
15H30 - 16H30 Planning of treatment (Group 2)

THURSDAY

07H30 - 09H30 Practical: Selective trunk movement
09H30 - 10H00 TEA
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Lecture: Seating (GI)
12H00 - 13H00 LUNCH
13H00 - 14H00 Lecture: Seating (GI)
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 TEA
15H30 - 16H30 Practical: Selective trunk movement

FRIDAY

07H30 - 08H30 Lecture: Upper Limb
08H30 - 09H30 Lecture: Upper Limb
09H30 - 10H00 TEA
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Lecture: Upper Limb and case studies
12H00 - 13H00 LUNCH
13H00 - 14H00 Practical: Upper Limb
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 TEA
15H30 - 16H30 Practical: Upper Limb

Week 2

MONDAY

07H30 - 08H30 Lecture: Introduction to neural dynamics
08H30 - 09H30 Practical: Upper limb function and neural dynamics
09H30 - 10H00 **TEA**
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Demonstration: Assessment and treatment of patient
12H00 - 13H00 **LUNCH**
13H00 - 14H00 Practical: Upper Limb (Dressing)
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 **TEA**
15H30 - 16H30 Practical: Upper Limb

TUESDAY

07H30 - 08H30 Lecture: Principles of motor learning
08H30 - 09H30 Lecture: Normal gait (Introduction and practical analysis)
09H30 - 10H00 **TEA**
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Lecture: Normal and abnormal gait (Components and problems)
12H00 - 13H00 **LUNCH**
13H00 - 14H00 Practical: Gait assessment on patients
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 **TEA**
15H30 - 16H30 Practical: Lower limb and trunk

WEDNESDAY

07H30 - 08H30 Lecture: Neuro-physiology
08H30 - 09H30 Lecture: Neuro-physiology
09H30 - 10H00 **TEA**
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Student group assessments and treatments (1)
12H00 - 13H00 **LUNCH**
13H00 - 14H00 Lecture: Lower limb (foot)
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 **TEA**
15H30 - 16H30 Practical: Lower limb stance

THURSDAY

07H30 - 08H30 Lecture: Neuro-physiology
08H30 - 09H30 Lecture: Neuro-physiology
09H30 - 10H00 **TEA**
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Demonstration: Assessment and treatment of patient
12H00 - 13H00 **LUNCH**
13H00 - 14H00 Practical: Lower limb stance and swing
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 **TEA**
15H30 - 16H30 Practical: Lower limb (gait facilitation)

FRIDAY

07H30 - 08H30 Lecture: Determining prognosis
08H30 - 09H30 Lecture: Recovery following stroke
09H30 - 10H00 **TEA**
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Demonstration: Patient treatment and assessment
12H00 - 13H00 **LUNCH**
13H00 - 14H00 Student group assessments and treatments (2)
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 **TEA**
15H30 - 16H30 Lecture: Medical management after stroke

Week 3

MONDAY

07H30 - 08H30 Lecture: Shoulder/hand problems
08H30 - 09H30 Lecture: Shoulder problems/hand, including taping
09H30 - 10H00 **TEA**
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Practical: Shoulder problems
12H00 - 13H00 **LUNCH**
13H00 - 14H00 Student group assessments and treatments (3)
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 **TEA**
15H30 - 16H30 Practical: Shoulder problems

TUESDAY

07H30 - 08H30 Lecture: Cognitive problems
08H30 - 09H30 Lecture: Cognitive problems
09H30 - 10H00 **TEA**
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Lecture: Pusher syndrome
12H00 - 13H00 **LUNCH**
13H00 - 14H00 Demonstration: Pusher syndrome
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 **TEA**
15H30 - 16H30 Practical: PT: Walking and stairs
OT: Functional lower limb facilitation Practical:

WEDNESDAY

07H30 - 08H30 Introduction to Dysphagia - swallowing disorder
08H30 - 09H30 Introduction to Dysarthria - neurogenic motor speech disorders
09H30 - 10H00 **TEA**
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Management ideas for dysarthria & dysphagia
12H00 - 13H00 **LUNCH**
13H00 - 14H00 Demonstration: Treatment of the painful shoulder/hand
14H00 - 15H00 Clinical: Treatment of patients (Group 1)
15H00 - 15H30 **TEA**
15H30 - 16H30 Lecture: Hand and foot splinting

THURSDAY

07H30 - 08H30 Lecture: Early Management after stroke
08H30 - 09H30 Lecture: Early Management after stroke
09H30 - 10H00 **TEA**
10H00 - 11H00 Clinical: Treatment of patients (Group 2)
11H00 - 12H00 Practical / Discussion: Home programmes
12H00 - 13H00 **LUNCH**
13H00 - 14H00 Outcome measures
14H00 - 15H00 Clinical: Final treatment of patients (Group 1)
15H00 - 15H30 **TEA**
15H30 - 16H30 Practical

FRIDAY

07H30 - 08H30 Feedback on written assignments
08H30 - 09H30 Community integration
09H30 - 10H00 **TEA**
10H00 - 11H00 Final treatment of patients (Group 2)
11H00 - 12H00 Discussion: recent literature
12H00 - 13H00 **LUNCH**
13H00 - 14H00 General discussion, questions and wrap-up