

## REGISTRATION FORM

NAME:

ADDRESS:

TELEPHONE  
HOME:

WORK:

EMAIL:

DISCIPLINE:

REGISTRATION DEADLINE:  
October 7, 2009

Please make cheques payable  
to: HEARTSPACE THERAPY

Return your registration form  
and cheque to:  
Shelley Mannell  
HeartSpace Therapy  
40 Mountain Street  
St. Catharines, ON  
L2T 2S4

**Who Should Attend?**  
Therapists working in all areas  
of paediatrics

**Location:**  
Four Points Sheraton Niagara  
Suites Hotel  
3530 Schmon Parkway  
St. Catharines, ON  
L2V 4Y6  
905-984-8484

**Date:**  
October 23 - 24, 2009

**Cost:**  
\$450.00  
This fee includes breaks,  
lunches and materials.  
*We regret that we cannot  
accommodate special dietary  
needs*

**Questions?**  
Contact Shelley Mannell at  
[shelley@heartspacept.com](mailto:shelley@heartspacept.com)

Sponsored by:



*HeartSpace  
Physical Therapy  
For Children*

## CREATING

## CORE

## CONNECTIONS:

### Treating Core Stability in Children with Motor Challenges



**Instructors:**  
Shelley Mannell BSc, BHScPT  
Julie Wiebe BSc, MPT

Four Points Sheraton  
St. Catharines, Ontario

October 23 - 24, 2009

## **CREATING CORE CONNECTIONS:**

### ***Treating Core Stability in Children with Motor Challenges***

*Therapists document challenges with adequate core stability in most children who are experiencing motor challenges; diagnoses include CP, ASD, DCD and hypotonia. Join us for an exciting 2 day course that integrates current theory and practice in the treatment of core stability for children. Learn how core stability is linked to effective self-regulation and also how it impacts the development of respiration, balance and functional gross and fine motor skills. Discussions regarding core stability and continence will also be included. Participants will learn practical new treatment techniques that can be utilized immediately in the clinic to build increased core stability in a variety of clients. Through problem solving and practical work we will learn to integrate these techniques with Neuro-Developmental Treatment handling skills and sensory processing intervention to support a greater range of clients. This course will be of interest to therapists working in all areas of paediatrics. Registration is limited to 26 participants.*

## **COURSE SCHEDULE**

### **DAY 1**

- Anatomy and physiology of the core musculature
- Typical and atypical development of the core musculature
- Consequences of atypical development of core musculature
- Implications of core musculature function for continence
- Bringing the core musculature on-line

### **DAY 2**

- Practical techniques for bringing the core musculature on-line in children with varying degrees of motor skill
- Choosing core treatment strategies in children with varying degrees of motor skills in different settings

## **LEARNING OBJECTIVES**

- Describe the typical development of core stability in children
- Describe how the development of core stability directly contributes to the development of self-regulation
- Identify core stability deficits and compensations in children with different diagnoses and the implications for multiple systems functioning.
- Demonstrate practical techniques to strengthen core function for a variety of clients.

### **Shelley Mannell BSc, BHScPT**

*Shelley is a Physical Therapist with over 20 years of experience in paediatrics who currently owns HeartSpace, a private practice in St. Catharines, Ontario where she treats children with motor dysfunction. Shelley is NDT trained and has advanced skills in Myofascial Release, Craniosacral Therapy and Sensory Processing Intervention. She was a clinical faculty member in the Faculty of Rehabilitation Science at McMaster University, teaching in the School of Physiotherapy for 10 years. Shelley is a certified children's meditation facilitator and yoga teacher. She is also the creator of the Movement and Meditation series for children of varying ages and abilities. Shelley combines the science of movement, the theoretical basis of treatment and the art of clinical skills in a problem-solving approach to treatment, integrating treatment approaches to facilitate optimum functional skills for each individual child.*

### **Julie Wiebe BSc, MPT**

*Julie Wiebe is a practicing physiotherapist, a women's health educator and mom of 2. Her academic background includes a BS in Movement Science and a Master of Physical Therapy degree. She has over thirteen years of clinical experience in orthopedics and sports medicine with recreational and professional athletes. Her recovery following the birth of her daughter inspired Julie to help other moms pursue physical restoration following pregnancy. This led to the Interior Fitness education and exercise program ([www.interiorfitness.com](http://www.interiorfitness.com)), designed to teach women with children of all ages how to recover optimum Core performance, do a Kegel, return to safe and effective fitness programs and prevent injuries. Julie has had the opportunity to share her unique education based approach in both the US and Canada through seminars and workshops for women and professional development training for fitness and rehab specialists.*