ZEBRAFISH
NEURO

3-DAY (22 HOURS) LEVEL 1
PROFESSIONAL COURSE

It can be overwhelming to work with individuals with spinal cord injury (SCI), due to the wide impact of paralysis in the shoulders, arms/hands, core, hips and lower extremities. *Where do we begin?*

By first creating awareness, connection, and strength in the areas that the individual has the most access to (the shoulders), we can leverage this access point to create stability in the trunk and beyond. Following properties of fascial tensegrity, individuals with SCI can access "paralyzed areas" to become more competent in foundational movement patterns, such as rolling over, transitions to sitting, and general spine, hip and lower extremity control in and out of their wheelchair.

In this workshop, participants will explore with demo SCI clients and experience first-hand what it means to work through the fascia to increase stability, control and integration below their level of injury. Participants will develop skills for assessment and learn exercises appropriate for cervical-level and thoracic-level SCI clients, while empowering movement curiosity and confidence for sustainable training programs.

Presented by: Stephanie Comella, *Exercise Physiologist & Pilates Instructor (NCPT)*
This course is approved for 22 continuing education credits through NPCP

NPCP 2023 CEC PROVIDER

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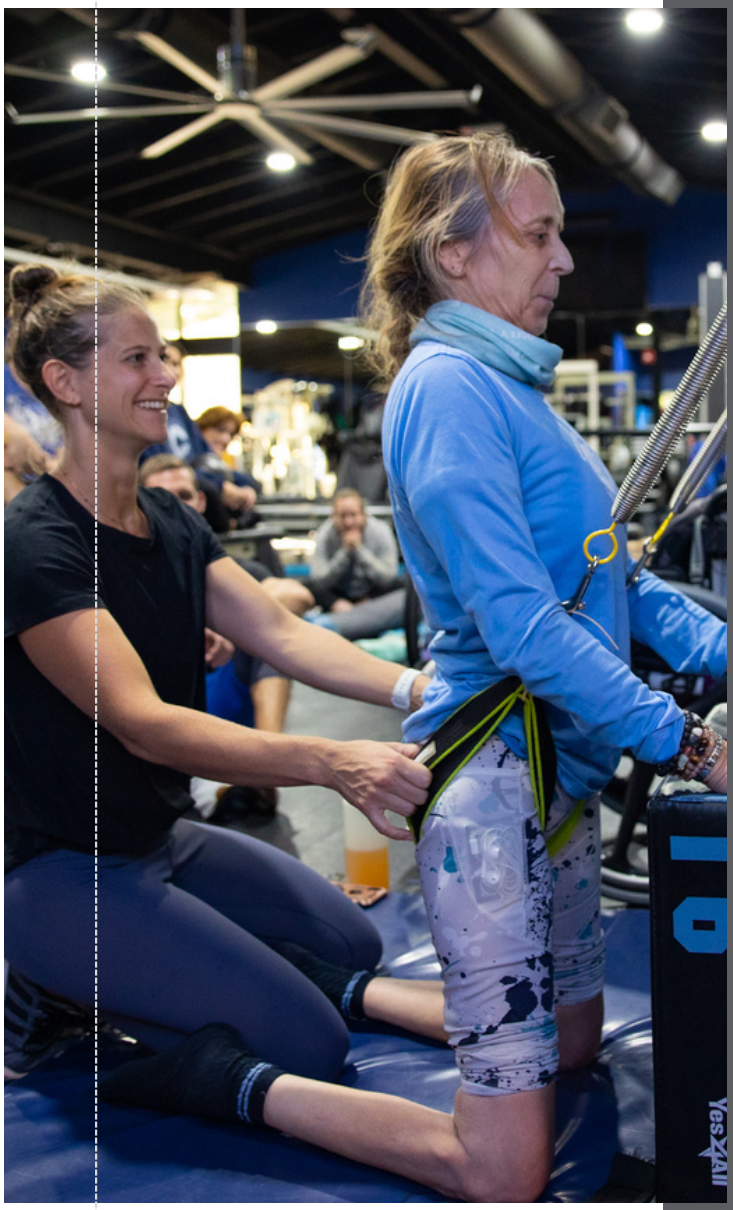
You and your clients don't have time to waste when it comes to figuring out what does - *and doesn't* - work for SCI rehab. The process of body re-integration after spinal cord injury can be distilled into a **simple, easy-to-follow progression.** This course will make that process clear for you - and your clients.

FAST-TRACK LEARNING AND BRING YOUR SCI REHAB PROGRAM TO A WHOLE NEW LEVEL.



In this course, participants will learn:

- Our Framework for Recovery and how to re-connect clients to their paralyzed areas in an organized progression.
- A new assessment protocol that quickly highlights disconnects.
- Fascial lines and how to apply them in programs to build trunk stability, hip stability, and efficient gait patterns.
- Floor-based exercises & progressions to use in session and to assign as home programs.
- Pilates principles and Bartenieff Fundamentals which ask for full body integration in every exercise.
- Coaching cues and equipment set-ups (inputs) for quick changes in performance (outputs).
- How to use equipment (Pilates or mimic in an ABT clinic setting) for faster and more permanent motor learning.
- Essential movement concepts we should be teaching our clients through our own personal movement experiences.
- Exercises & programming considerations specific to cervical and thoracic SCI
- and practice with real SCI client demos!

Includes:

- Course guidebook, complete with photos & links to video tutorials
- Squish-ball to take home or give to a client
- Invitations to [free] quarterly office hours to discuss cases
- Invitation to audit future Level 1 courses [free]

Courses hosted at ABT facilities will cover the base curriculum and explore pilates exercises & principles using the floor, simple props & standard ABT equipment (bands, balls, etc), while courses hosted at Pilates studios will showcase the Framework implemented on Pilates equipment.

DAY 1

Spend the majority of the first day learning the following concepts through discussion & personal movement experiences:

- Our signature Framework for Recovery
- The six fascial lines and how to access them through position and movement.
- Pilates mat work that covers fundamental movement patterns often missing in SCI clients.
- Bartenieff Fundamentals which ask for full body integration in every exercise.
- A new assessment protocol that quickly highlights disconnects.

DAY 2

Apply concepts & experiences felt on Day 1 with our cervical SCI demo models:

- Assessments to observe strength & coordination of the shoulder girdle & trunk.
- Programming considerations and exercise selection specific to cervical SCI clients.
- Coaching strategies to improve movement quality through ingrained compensation patterns.
- Use of equipment to support movement in those with limited function.
- Floor-based exercises (“drills & transitions”) appropriate for cervical SCI clients.
- Collaborative session planning & home exercise design for our demos.

DAY 3

Continue to apply concepts & experiences with our thoracic SCI demo models:

- Assessments to observe spine & hip control.
- Programming considerations and exercise selection specific to thoracic SCI clients.
- Coaching strategies to improve movement quality through ingrained compensation patterns.
- Creative use of equipment to direct lower body integration.
- Intermediate & advanced floor-based exercises and how to quickly modify them for individual clients.
- Collaborative session planning & home exercise design for our demos.

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