COURSE DESCRIPTION

This course offers participants the opportunity to gain skills to advance their practice in neurorehabilitation. Shifting from traditional compensatory models to a more progressive restorative focus, Activity-Based Restorative Therapy (ABRT) uses a combination of rehabilitation techniques to provide near-normal input to both optimize the nervous system for recovery and offset rapid aging and chronic complications.

Participants will learn the scientific basis, hands-on skills, and clinical decision-making associated with implementation of an ABRT program through this intensive two-day course.

COURSE OBJECTIVES

Following completion of this training, participants will be able to:

- Discuss the scientific and therapeutic principles of ABRT and appropriate clinical applications.
- Demonstrate specific clinical skills within the key components of ABRT and strategies to design treatments, given practical constraints, involving each of the components.
- Display clinical reasoning and synthesis of ABRT principles through case studies.

CONTINUING EDUCATION

Continuing education credits are available for occupational therapists and physical therapists.

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International Center for Spinal Cord Injury
at Kennedy Krieger Institute
707 North Broadway
Baltimore, MD 21205

Our Mission

Transitioning today's science to near-term therapeutic applications, we focus on developing and applying advanced restoration strategies for optimizing spontaneous recovery in those living with paralysis.

Workshop

Progress in Practice: Activity-Based Restorative Therapy (ABRT)

This two-day workshop is held twice a year in locations around the country. Visit **abrttraining.kennedykrieger.org** to find a date and location convenient to you.

We are all born with great potential.
Shouldn't we all have the chance to achieve it?

International Center for Spinal Cord Injury
at Kennedy Krieger Institute
Research. Restoration. Recovery.

SCHEDULE

DAY 1:

- Registration
- Introductions and review of learning objectives
- The scientific basis and therapeutic principles of ABRT
- Functional electrical stimulation (FES)
- Lunch (provided)
- ABRT for non-SCI populations
- Electives section 1:
  - Advanced Lower Extremity Functional Electrical Stimulation
  - Advanced Upper Extremity Functional Electrical Stimulation
- Electives section 2:
  - Functional mobility
  - Seating and positioning principles of ABRT
- Questions and wrap-up

DAY 2:

- Registration
- Introductions and review of learning objectives
- Locomotor training
- Case studies
- Electives section 1:
  - Advanced locomotor training
  - Functional Electrical Stimulation cycling
- Lunch (provided)
- Electives section 2:
  - Pediatric-specific considerations
  - Hands-on locomotor training
- Questions and wrap-up

PRESENTERS

Rebecca Martin, OTR/L, OTD, is the manager of Clinical Education and Training with the International Center for Spinal Cord Injury at Kennedy Krieger Institute, where she has been since 2005. Rebecca received a bachelor's degree in occupational therapy from Boston University in 2001 and her Doctor of Occupational Therapy degree from Rocky Mountain University in 2009. She is certified in physical agent modalities. Her experience spans inpatient and outpatient therapy for both children and adults with a variety of neurological diagnoses. Prior to joining the center, Rebecca worked in pediatric neurorehabilitation with the May Institute in Boston, MA. Her research interests are in the restoration of UE function with FES. She has presented her research in ABRT and training materials nationally and internationally.

Kimberly Perone, MBA, MSHA, OTR/L, is a senior occupational therapist at the International Center for Spinal Cord Injury at Kennedy Krieger Institute. She graduated from Quinnipiac University with a bachelor's degree in occupational therapy in 2002. She holds certifications in physical agent modalities and aquatics. She received a Master of Health Care Administration degree in 2008 and her MBA in 2010 from the University of Maryland University College. She has worked in a variety of settings since 2002, including inpatient, outpatient, home-based adult and pediatric settings, school-based therapy, work/home assessments, and aquatics. She has been with the center since April 2008 and has worked for Kennedy Krieger since 2004, working with a variety of neurological and orthopedic diagnoses.

Brooke Meyer, PT, DPT, is a senior physical therapist with the International Center for Spinal Cord Injury at Kennedy Krieger Institute. She has worked as a physical therapist in the center since October 2006. In addition, she works as a part-time contractor for Restorative Therapies, Inc., installing FES bikes and providing patient/family training. She received her Doctor of Physical Therapy degree from Shenandoah University in 2006. Brooke's clinical interests include pediatrics, locomotor training, FES, and aquatics. She serves as a clinical specialist in locomotor training. She is experienced with treating children and adults with a variety of neuromuscular diagnoses, in both land and aquatic settings.

Beth Farrell, PT, DPT, is a senior physical therapist at the International Center for Spinal Cord Injury at Kennedy Krieger Institute. She obtained her Doctor of Physical Therapy degree from the University of Maryland, Baltimore in 2007 and has a graduate certificate in the Business of Health from the Johns Hopkins University Carey Business School. Her primary interests are in seating and positioning, and pediatric applications of ABRT. She has been ATP certified since 2010.

REGISTRATION INFO

REGISTER ONLINE

abrttraining.kennedykrieger.org
Registration fee includes one-year access to our webinars and online library.

Space is very limited, so sign up early.

PRE-REGISTRATION PRICES

Two-Day Workshop:
- Early $300
- Regular $350

One-Day Workshop:
- Early $200
- Regular $250

HOTEL INFORMATION

Discounted hotel rates are available for attendees. Hotel information is available on the registration page at **abrttraining.kennedykrieger.org**.

WORKSHOP EXHIBITS

A variety of businesses, service providers, and local support resources will showcase their products and services during the workshop.

To join our mailing list for upcoming conferences, email **scisymposium@kennedykrieger.org**.