

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

This two-day workshop is held twice a year in locations around the country.

Visit [ABRTTraining.KennedyKrieger.org](http://ABRTTraining.KennedyKrieger.org) to find a date and location convenient for you.

## 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 the therapy's appropriate clinical applications.
- Demonstrate specific clinical skills within the key components of ABRT, and identify strategies for designing ABRT treatments, given practical constraints, involving each of the components.
- Demonstrate a synthesis and clinical understanding of ABRT principles through the discussion of case studies.

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

## TOPICS COVERED

- The scientific basis and therapeutic principles of ABRT
- Functional electrical stimulation (FES)
- ABRT for individuals without spinal cord injury
- Advanced lower extremity functional electrical stimulation
- Advanced upper extremity functional electrical stimulation
- Functional mobility
- Seating and positioning principles of ABRT
- Locomotor training
- Advanced locomotor training
- Functional electrical stimulation cycling
- Pediatric-specific considerations
- Hands-on locomotor training



## REGISTRATION INFO

### Register Online

Visit **ABRTTraining.KennedyKrieger.org** to register online. Registration fee includes one year of access to our webinars and online library. Space is very limited, so sign up early.

### Pre-Registration Prices

**If you're registering two or more months before the workshop:**

One-Day Workshop: \$400 | Two-Day Workshop: \$500

**If you're registering within two months of the workshop:**

One-Day Workshop: \$450 | Two-Day Workshop: \$550

### Hotel Information

Discounted hotel rates are available for attendees. Visit the registration page at **ABRTTraining.KennedyKrieger.org** for hotel information.

### Workshop Exhibits

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

Send an email to **SCISymposium@KennedyKrieger.org** to join our mailing list for upcoming conferences.

## PRESENTERS



**Rebecca Martin, OTR/L, OTD**, is the manager of clinical education and training at the International Center for Spinal Cord Injury at Kennedy Krieger Institute. She is also an assistant professor at the Johns Hopkins University School of Medicine in the Department of Physical Medicine and Rehabilitation. She joined Kennedy Krieger in 2005 as a senior occupational therapist. Since 2010, she has been the manager of clinical education and training at the spinal cord injury center. She is responsible for program development, staff training and oversight of the clinical research program. She speaks nationally on topics related to activity-based rehabilitation, and she has taught many continuing education courses for rehabilitation professionals in the areas of neurological pathology, rehabilitation and research. Her research interest is in novel applications of electrical stimulation for the restoration of function lost to spinal cord injury.



**Brooke Meyer, PT, DPT**, is a senior physical therapist at the International Center for Spinal Cord Injury at Kennedy Krieger Institute. She has worked as a physical therapist at 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. Her 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, DPT, SMS, PCS**, 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.