



Posture & Torso Alignment in Pediatric Orthopedic Development with TheraTogs Fitter Certification Level 1

COURSE LEVEL: Beginner to Intermediate

INSTRUCTOR:STUDENT RATIO Enrollment in the didactic segments is limited by seating space only.

Training lab sessions on garment donning and postural strapping procedures maintain an instructor-to-participant ratio of 1:24. Certification follows successful completion of the lab sessions and exam.

TARGET AUDIENCE: The sponsor welcomes a range of qualified clinicians who are likely to work together to maximize physical function including physical therapists, orthotists, occupational therapists, and physical therapy assistants accompanied by an associated physical therapist.

COURSE DESCRIPTION

The didactic segments of this program address the typical development of postural alignment and control and their significance in healthy and pathologic sensorimotor and orthopedic development. The discussion includes a review of strategies for assessing postural alignment and control, and incorporates clinical evaluation and treatment principles drawn from S.A. Sahrman's Movement Systems Analysis. Facilitator illustrates didactic concepts and suggested management strategies with photographs and videotaped cases.

Lab attendees will be trained in strategies for enhancing postural alignment, postural control, and core muscle balance in daily life using the TheraTogs Posture and Torso Alignment System.

DIDACTIC PROGRAM OBJECTIVES

By the end of the workshop, the participant will be able to:

1. Compare the location of the body center of mass (COM) in an infant compared with an adult.
2. Explain the primary benefit of antigravity righting reactions to body COM (weight) shifts in daily function.
3. Explain the three sequential, plane-based phases of acquisition of antigravity muscle function and control in the neck and torso.
4. Relate postural alignment to somatosensory input from loaded joints and segments.
5. Compare the status of sensory processing in typically developing children to that of children with hypotonia and cerebral palsy.
6. Define the relationship between postural control and acquisition and functional limb use.
7. Explain 2 ways that postural alignment influences muscle recruitment strategies needed for upright maintenance and limb use.
8. Explain the physiologic effect of massed practice of balance and movement skills on the developing brain.
9. Differentiate between muscle dominance and muscle strength.
10. Explain Sahrman's focus on shortening the dominant muscles and using them in their shortened state before attempting to lengthen the shortened, dominant muscles.

THERATOGS FITTER CERTIFICATION LAB OBJECTIVES

By the end of the lab session, the participant will pass an exam with a minimum score of 50/58 requiring a demonstration of correct procedures in donning TheraTogs garments and strapping applications to improve postural alignment, body weight distribution on the support base, and core muscle strength. Procedures include the following:

By the end of the lab session, the participant will correctly apply:

1. The therapeutic device known as the TheraTogs garment and strapping for a patient diagnosed with flexible thoracic kyphosis.
2. The therapeutic device known as the TheraTogs garment and strapping for a patient diagnosed with flexible thoracolumbar kyphosis
3. The therapeutic device known as the TheraTogs garment and strapping for a patient diagnosed with flexible lumbar lordosis.

4. The therapeutic device known as the TheraTogs garment and strapping for a patient diagnosed with excessive pelvic ante version.
5. The therapeutic device known as the TheraTogs garment and strapping for a patient diagnosed with diminished pelvic ante version.
6. The therapeutic device known as the TheraTogs garment and strapping for a patient diagnosed with anterior body weight displacement over the feet.

COURSE SCHEDULE

Start		Contact Hours
8:00	Register	--
8:30	Introduction	.25
8:45	Foundations in the Sciences: Postural Control Acquisition & Significance	.75
9:30	Foundations in the Sciences: Principles of Movement Systems Analysis Applied to Orthopedic and Sensorimotor Development and Management	.75
10:15	Short Break – 15 min.	--
10:30	Postural Assessments and Applications for Standing and Sitting Posture and Balance	1.00
11:30	Videotaped cases	.75
12:15	Questions and Discussion	.25
12:30	Lunch	--
1:30	Demonstration: Improving Resting Postures in Infants	.25
1:45	LAB: TheraTogs Level – I Fitter Certification - Attendees work in groups of 3 to gain and, by examination, show competence in donning TheraTogs garments and strapping applications designed to improve postural alignment, body weight distribution on the support base, and core muscle strength.	1.25
3:00	Short break- 15 min	-
3:15	Resume Lab	1.25
4:30	Instructor demonstrates Dragonfly TLSO apron assembly and fitting.	.25
4:45	Clean up and restore lab kits to their original, pre-lab condition.	--
5:00	Please turn in course evals and adjourn.	--
	Didactic contact hours:	3.75
	Lab contact hours:	3.00
	Total contact hours:	6.75

BENEFITS OF THERATOGS FITTER CERTIFICATION:

1. **Confidence.** TheraTogs are a one-of-a-kind rehab support system. Sometimes even the most experienced clinicians need a little help getting started. Certified TheraTogs Fitters undergo training in the sciences supporting the use of the Posture and Torso Alignment System, and in donning the garments and attaching the strapping included in the system.
2. **Referrals.** Caretakers and clinicians often ask the staff at TheraTogs, Inc. to find clinicians who understand and use TheraTogs in their practice. Certified TheraTogs Fitters are included in a database that is posted at <http://theratogs.com/clinicians/ctf-locator/>
3. **Inclusion in product development.** We look to our team of Certified Fitters for help in testing new products and materials (which they may keep after the trials) and seek their input and suggestions.

Disclosure: Beverly Cusick, PT, MS, NDT, COF, the author and principal owner of this training has equity ownership in Progressive GaitWays LLC and TheraTogs Inc. which develops and sells products related to the training being offered.