

**INSTRUCTOR:**

Lois Bly, PT, MA, C/NDT

**REGISTRATION:**

Please register me for the following course:

**WHY WORK ON THE TRUNK**

**March 14, 2020**

**Cost:**  Early Bird (By 2/10/20) \$195  Regular \$210  Group 2+ (Received together) \$175

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (h) \_\_\_\_\_

Profession \_\_\_\_\_

Workplace \_\_\_\_\_

Phone (w) \_\_\_\_\_

E-mail \_\_\_\_\_

**Mail registration & payment to:**

**Mary Bridge Children's Therapy**

Attn: CTU Education Secretary  
402-15th Ave SE, Suite 100  
Puyallup, WA 98372

or fax to: 253-697-5145

- Check (payable to Children's Therapy Unit)
- Visa  MasterCard  American Express
- Discover  Purchase order

Card # \_\_\_\_\_

CVC # \_\_\_\_\_

Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

## Mary Bridge Children's Therapy Unit

Mary Bridge Children's Therapy Services provides early, comprehensive interdisciplinary diagnostic evaluations, individual therapy, educational and social services and follow up care for children with developmental deficits and neurological disorders.



Children's Therapy Unit

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# Why Work on the Trunk?

March 14, 2020

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# Why Work on the Trunk?

## COURSE DESCRIPTION

Trunk alignment is often used to describe “posture”. A hallmark of NDT is work on posture and postural control, and thus the trunk. Let’s take a deeper look into the role of the trunk. Trunk mobility, alignment and stability directly impact posture as well as upper and lower extremity function. Therefore, understanding the kinesiological relationship between the trunk, head, shoulder girdle, and pelvis are critical to improve function.

How do the “ABCs of NDT” relate to the trunk? Trunk control is important in positions, transitions and balance. How? The trunk serves as the point of attachment of all head, neck, scapula, shoulder girdle and hip muscles. The Alignment of the trunk from the Base of Support affects the action of these muscles. The Center of Mass(COM) varies but is approximately at the level of the second sacral vertebrae. Trunk movements affect the control and movement of the COM and thus affect balance.

## COURSE OBJECTIVES

Participants will:

- Describe typical and atypical kinesiological components of trunk alignment and trunk control.
- Describe the effect typical and atypical trunk alignment and movements have on head, upper extremity and lower extremity control and function.
- Describe the movements infants practice to develop trunk and extremity control on the three planes of movement.
- Describe the significance of the “ABCs of NDT” in assessment and treatment.
- Identify several treatment techniques that can be utilized on all 3 planes of motion to achieve dynamic control of the trunk and extremities during functional activities.

## GENERAL INFORMATION

**When:** March 14, 2020  
8:30am – 4:30pm

**Where:** Jackson Hall Medical Center  
314 Martin Luther King Jr. Way  
Tacoma, WA 98405

**Cost:** \$210 Regular Rate  
\$195 Early Bird  
(by 2/10/20)  
\$175 Group (2+)  
(received together)

**Intended Audience:**  
Adult and Pediatric Therapists  
PTs, PTAs, OTs, COTAs, & SLPs

**Credit:** 6.5 Education Contact Hours (.65 CEUs)

**Contact:** CTU Education Program  
Normajeane Friend  
253-697-5225  
MBCTeducation@multicare.org

**Cancellation/Refunds:**  
Full refund of the course registration fee, less \$75 administration fee, will be granted upon receipt of written request post marked 21 days prior to date of class. We reserve the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled..

**More information:**  
[www.multicare.org/ctuclasses](http://www.multicare.org/ctuclasses)

## INSTRUCTOR



**Lois Bly, PT, MA, C/NDT**, is an NDTA Coordinator Instructor and clinician who has offered seminars, workshops and NDT certification courses throughout the United States, and many other countries. Ms. Bly was certified in Neuro-Developmental

Treatment by the Bobaths in London, and received her NDT Instructors Certification from Mary Quinton and Dr. Elsbeth Koeng of Switzerland. She received her Master's Degree in Motor Learning at Teachers College, Columbia University. Ms. Bly is the author of the monograph, Components of Normal Movement During the First Year of Life and Abnormal Motor Development, and the Book & Checklist: Motor Skills Acquisition in the First Year, and Baby Treatment Based on NDT Principles, and co-author with Allison Whiteside of the book Facilitation Techniques Based on NDT Principles. Most recently, 2011, she published a monograph, Components of Typical and Atypical Motor Development. In 2000 she received the NDTA Award of Excellence. In 2009 she received the APTA Pediatric Section Jeanne Fischer Mentorship Award.

