

Proprioceptive Training A Review of Current Research

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Answer Sheet:

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Course Objectives

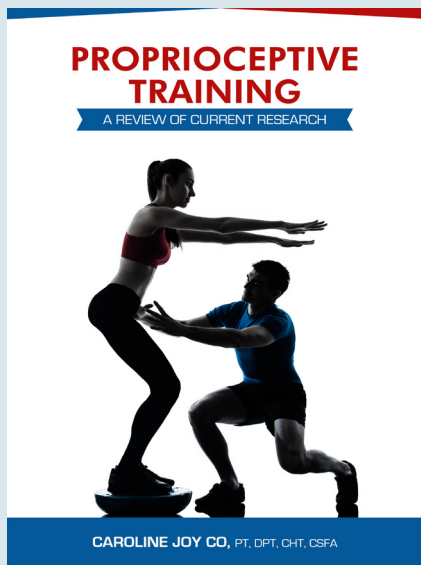
1. Define proprioception and identify body systems that affect proprioception.
2. Identify the stages of proprioception and how it affects childhood and adulthood.
3. Devise Treatment Techniques to improve proprioception.
4. Choose the best treatment protocol for your neuromuscular impaired patients.
5. Incorporate proprioceptive training in your practice.

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Proprioceptive Training

A Review of Current Research



Course Description

Proprioceptive training is integral to nearly all daily life functions. An injury whether due to repetitive stress, disease or soft tissue damage, affects proprioception. Proprioception affects work, sports, household and leisure activities, it is paramount to have a thorough knowledge of the current research on proprioceptive training. Such a framework lends itself to designing treatment plans that increase patient lifestyle satisfaction while improving clinical outcomes.

This course will cover the fundamental principles of proprioception. The book will present the architectural framework of proprioception as the basis for treatment interventions designed to improve function. Improving patient outcomes will be facilitated through increasing your knowledge of the different treatment techniques to improve proprioception. Several effective strategies will be examined for the young population, juvenile rheumatoid arthritis patients, Parkinson's patients, Alzheimer's patients and many more...

About the Author

Caroline Joy Co, PT, DPT, CHT, CSFA, is a licensed physical therapist and certified hand therapist whose clinical experience includes acute, subacute, home health, and outpatient settings. Her background includes Community-Based Therapy that is designed to help people with disabilities access therapy in their communities. She is the President and CEO of

PT Sponsor.com, an online resource for U.S. hospitals and clinics that seek to sponsor and hire foreign-trained rehabilitation therapists. She specializes in hand therapy through an integrated approach that includes education, counsel, and exercise. She is also certified in functional assessment for work hardening and work conditioning.

Co is also the President of Iconic Rehab, a contracting agency. Her past affiliations include Long Beach Medical Center in New York, Horizon Health and Subacute Center in California, and Grandell Therapy and Nursing Center. Co was a professional speaker for Summit Professional Education, Cross Country Education and Dogwood Institute. She received her transitional doctorate from A.T. Still University and her BS in Physical Therapy from University of the Philippines College of Allied Medical Professions. She is licensed in California, Nevada, and New York.



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Course Content

Chapter 1: Define proprioception and identify the body systems, which affect proprioception

- Introduction
- Definition of Proprioception
- Ontogenesis of Proprioception
- Acquisition of upright stance
- Upright stance to early childhood (6 years of age)
- Young adult –7 years to puberty
- Adult stage
- Body Systems that Control Proprioception
- Proprioception and Rehabilitation

Chapter 2: Compare the results of recent research studies designed to test the effectiveness of proprioceptive training

- Introduction
- Does Proprioceptive Training Work?
- Active movement/balance training
- Passive movement training
- Somatosensory stimulation training
- Somatosensory discrimination training
- Combined/ multiple system training
- Conclusion

Chapter 3: Common orthopedic diagnoses with proprioceptive deficits

- Introduction
- Osteoarthritis
- Rheumatoid Arthritis
- Osteoporosis
- High Fall Risk
- Prehabilitation (Prevention of Injury)
- Post Athletic Injury
- Pre- and Post-Joint Replacement
- Amputation
- Conclusion

Chapter 4: Common neurologic diagnoses with proprioceptive deficits

- Introduction
- Cerebrovascular disease
- Traumatic Brain Injury
- Multiple Sclerosis
- Parkinson's Disease
- Alzheimer's Disease
- Cognitively Impaired
- Dystonia
- Chorea
- Conclusion

Chapter 5: Evidence-based treatment techniques designed to alleviate proprioceptive deficits

- Introduction
- Evidence-Based Training Techniques
- Virtual reality and gaming console systems
- Robotic rehabilitation

- Reduced weight treadmill systems
- Vibration therapy
- Adhesive taping systems
- Motor imagery (MI)
- Video and mirror feedback
- Prompting techniques
- Constraint-induced movement therapy
- Sensory integration
- Vestibular rehabilitation
- Geste antagoniste (Sensory Tricks)
- Proprioceptive neuromuscular facilitation
- Progressive agility and trunk stabilization (PATS)
- Gait and balance training
- Unstable surface drills
- Plyometrics and agility training
- Mind-body therapies
- Aquatic therapy

What you will Learn

1. Define proprioception and identify body systems that affect proprioception.
2. Identify the stages of proprioception and how it affects childhood and adulthood.
3. Devise Treatment Techniques to improve proprioception.
4. Choose the best treatment protocol for your neuromuscular impaired patients.
5. Incorporate proprioceptive training in your practice.

Who Should Attend: Physical Therapists and Physical Therapist Assistants

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Understanding Medicare MDS 3.0 for the Rehabilitation Professional 2nd edition	15	\$70	\$80	\$150
The Hand: Current Advances in Assessment and Treatment	11	\$40	\$70	\$110
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Starting Your Own Practice From Scratch	15	\$30	\$120	\$150
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