About the Speakers:

Arthur Lupsha, DPT, graduated from the College of Osteopathic Medicine of the Pacific (COMP) in Pomona, California, in 1994. He received his Doctorate of Physical Therapy from Western University of Health Science in May 2006. He worked at Children’s Hospital San Diego and then spent 6 years specializing in the treatment of adults with hemiplegia from stroke and brain injury at Paradise Valley Hospitals in San Diego, California. Arthur has been in private practice since 2000. He began training with Waleed Al-Oboudi, MOT, OTR/L, in 1997, proceeded to take several advanced courses over the next 4 years and became a Neuro-IFRAH Instructor® in August of 2004. He has taught nationally as well as internationally in Canada and Israel over the past seven years. Arthur is currently Co-Owner of OC Neuro Rehab, a unique facility in Orange County California, that specializes in the continued rehabilitation of adults with hemiplegia from stroke or brain injury.

Kellie Lupsha, MPT, MAOM received her MS in Physical Therapy from the Mayo School of Health Related Sciences in 1996. She received her MA in Organizational Management through the University of Phoenix in 1999. Kellie was an adjunct faculty member for Arizona School of Health Sciences Physical Therapy Program from 1999-2000. She has worked in a variety of settings throughout the continuum of care including Inpatient Rehabilitation, Outpatient Rehabilitation and Day Treatment Programs. She also worked as the Director of Clinical Services at HealthSouth Tustin Rehabilitation Hospital for five years. Currently Kellie is in private practice and teaches Neuro-IFRAH® courses nationally and Internationally. She is Co-Owner of OC Neuro Rehab in Laguna Niguel, CA (Orange County).

Course Description:

This two day introductory level course is specifically designed for physical and occupational therapists and certified assistants who work with adults who have suffered a stroke or brain injury. This course will provide participants with a comprehensive whole body and whole person approach to assessment, management planning and management of walking. This course will utilize movement analysis and an effective, outcome oriented and inclusive management approach based on concepts of normal movement, movement sciences, the Neuro-Integrative Functional Rehabilitation and Habilitation approach (NEURO-IFRAH®) by Waleed Al-Oboudi. Creative progressions in resolving impairments and developing control and carry over for patients with various levels of function will be demonstrated and discussed. Therapists and assistants working in acute rehab, outpatient and home health will benefit from this workshop. The course format will include lecture, problem solving, demonstration of practical application of concepts by the instructors, practice labs and possibly videos demonstrating the application on patients.
Registration Information:

Target Audience: This course will benefit Occupational Therapists and Assistants, and Physical Therapists and Assistants.

Registration: You may use the registration form below or register online at www.providenceoregon.org/rehabcourses. Confirmations will be emailed.

Registration is limited and is on a first-come, first-served basis.

Registration Fee: The registration fee of $500 per person covers continental breakfast, refreshments, certificate and course manual. Early-bird registration fee is $450 per person if registered online by June 20th. If registering by mail, registration must be postmarked by June 20th to receive the early bird price.

Refund Policy: Full refunds less a $50 administrative fee will be granted if cancellation is requested by June 27th. No refunds will be made after that date unless the course is cancelled by Providence Rehabilitation Services, in which case full refunds will be issued.

Contact Hours: This course will qualify for 15 continuing education hours for physical therapists and occupational therapists in Oregon. Certificates of attendance will be issued to all participants completing the CEU requirements.

Course Outline:

Day 1
7:30 – 8:00 am  Registration
8:00 – 9:00 am  Terminology and overview of Neuro-IFRAH®
9:00 – 9:30 am  Neuro-IFRAH® key concepts
9:30 – 10:15 am  Framework for normal movement, function and factors affecting rehabilitation outcomes
10:15 – 10:30 am  Break
10:30 – 11:15 am  Characteristics of whole-body use/function

Day 2
8:00 – 9:15 am  Facilitation of one step at a time forward
9:15 – 10:15 am  Facilitation of one step at a time backwards
10:15 – 10:30 am  Break
10:30 – 12:00 pm  Facilitation of one step at a time sideways and turns for the patient with little to no movement in the involved lower extremity
12:00 – 1:00 pm  Lunch (on your own)
1:00 – 3:00 pm  Progressions to increase lower extremity control
3:00 – 3:15 pm  Break
3:15 – 3:45 pm  Lower extremity stretches
3:45 – 4:45 pm  Assessment and improving alignment of the foot
4:45 – 5:00 pm  Discussion and wrap-up

Course Objectives:

Upon completion of the course participants will be able to:

1. Identify the importance of walking as a critical step in rehab process and its effect on role assumption and resumption.
2. Identify factors influencing walking (whole body and other systems).
3. Identify normal components of movement in gait.
4. Identify abnormal components of movement interfering with gait in various conditions of observation.
5. Apply handling techniques to facilitate control in standing and pre-gait.
6. Apply handling techniques to facilitate one step at a time, walking forward and backward and turning, for patients with various levels of function.
7. Identify strategies to facilitate increased walking speed to normal on an individual basis.
8. Identify strategies to use tools to facilitate more normal components of movement and responses at various stages of recovery.
9. Identify steps in developing a protocol for team management and carry over for walking.

Accommodations:
Please ask for the Providence St. Vincent Medical Center rate if it is available.

Doubletree Inn Suites
15402 NW Cornell Road
Portland, OR 97225
503-814-8100

Shilo Inn Beaverton
9900 SE Canyon Road
Beaverton, OR 97225
503-297-2551