

December 14, 2022

EM242: IBITA Basic Bobath Course - AIDB EDITION



ALBA MAGRI

Pt, IBITA Advanced Course
Instructor



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The Bobath concept is a problem solving approach aimed at the evaluation and treatment of people with movement disorders, postural control and function, caused by a central nervous system injury. This approach to adult rehabilitation with central neurological damage originates from the work of Berta and Karel Bobath and has evolved over the last 50 years.

The rationale for its current application is based on current neuroscientific knowledge related to motor control, motor learning, neural and muscular plasticity and current biomechanical knowledge.

The aim of the course is to deepen the theoretical foundations of the concept and translate them into clinical and technical skills aimed at tackling the main rehabilitative problems of adult patients with cerebral injury.

The teaching activity will be divided into theoretical lessons, practices and clinics with demonstration of patient treatment by the teacher in a collective session and by the participants in working couples.

Each activity of the learners will be supervised by the teacher for a constant refinement of the techniques: the goal is to make the student more and more independent in the clinical and competent reasoning in the design and structuring of the specific rehabilitation intervention for each patient. The course is organized according to the IBITA international regulations and the final certification allows access to advanced Bobath courses.

Specific aims:

- Acquire specific terminology to describe the rehabilitative approach to the adult neurological patient according to the Bobath Concept
- Updating knowledge in the biomechanical and neurophysiological fields, especially in relation to postural control, locomotion and reach-to-grasp
- Refine the ability to observe and acquire models for the evaluation of neurological patient problems
- Implement treatment techniques
- Refine and exercise a correct manual in the treatment of the adult neurological patient - Support the comparison and discussion among participants to train the clinical reasoning
- Promote team work
- Promote the evidence based approach based on updated literature



24 Seats



€2,074.00



115 Hours



50+50 ECM

INTENDED FOR

Doctors, Physiotherapists and Occupational Therapists

PAYMENTS

Deposit €732.00 within 7 days from the registration

2nd deposit €732.00 by date December 9, 2022

Balance €610.00 by date April 7, 2023

Total: €2,074.00

CALENDAR

I Module: 14-18 December 2022
17-21 January 2023
II Module: 01-05 May 2023

LANGUAGE

Italian

COURSE LOCATION: BRESCIA @ Edumed . Formazione ECM

TEACHERS:

I WEEK: Giovanni De Giorgi, Elisa Bassani, Cristina Capra, Honorè Verneti

II WEEK: Elena Bortolotti, Monica Morelli, Sarah Taddeo, Claudia Biricolti

III WEEK: Eliana Peirone, Luca Cesana, Monia Alessi, Alba Magri

SCHEDULE

First day

8.30-9.00 Registration of participants and presentation of the course objectives

9.00-10.00 Lesson: The Bobath Concept from its origins to today

10.00-11.15 Lesson: Clinical Reasoning and Model of Bobath Clinical Practice (MBCP)

11.15-11.30 Coffee break

11.30- 12.45 Evaluation and treatment of patient A by the teacher in a group session

12.45-13.00 Summary of evaluation and discussion

13.00-14.00 Lunch
14.00-15.00 Lesson: Characteristics of efficient movement
15.00-16.00 Practical session: Alignment in standing position to facilitate antigravity holding. Orientation of the center of mass on the support base.
16.00-17.30 Practical session: Analysis and facilitation of efficient movement in reference to simple AVQ
17.30-17.45 Summary of learning, last questions and conclusion of the day

Second day

8.30-10.00 Lesson: Neurophysiology of postural control
11.15-11.30 Coffee break
11.30- 12.45 Evaluation and treatment of patient B by the teacher in a group session
12.45-13.00 Summary of evaluation and discussion
13.00-14.00 Lunch
14.00-15.30 Evaluation and treatment of patient C by the teacher in collective session and discussion
15.30-15.45 Coffee break
15.45-17.30 Management of the acute patient - Clinical framework and first activities in bed
17.30-17.45 Summary of learning, last questions and conclusion of the day

Third day

8.30-11.15 Lesson: Core stability as a multi-kinetic chain
11.15-11.30 Coffee break
11.30- 12.45 Evaluation and treatment of patient D by the teacher in a group session
12.45-13.00 Summary of evaluation and discussion
13.00-14.00 Lunch
14.00-15.30 Practical session: activation of the patient in bed from supine, in lateral decubitus and during the postural transition
15.30-15.45 Coffee break
15.45-17.30 Practical session: first activities for the activation of the neck / head system, for the scapular setting and for the upper limb
17.30-17.45 Summary of learning, last questions and conclusion of the day

Fourth day

08.30-11.15 Lesson: UMNS
11.15-11.30 Coffee break
11.30- 12.45 Practical session: Alignment in a sitting position and preparation of the BOS
12.45-13.00 Preparation of working couples for the treatment of patients - Clinical documentation
13.00-14.00 Lunch
14.00-15.30 Treatment of patients by the participants under the supervision of the teacher
15.30-16.00 Review of the evaluation and discussion in working pairs

16.00-17.30 Practical session: Supine / sitting passage and first activities for antigravity control of the trunk
17.30-17.45 Summary of learning, last questions and conclusion of the day

Fifth day

08.30-10.00 Practical session: Linear acceleration
10.00-11.15 Practical session: Side tilt
11.15-11.30 Coffee break
11.30-13.00 Train core stability in the supine position
13.00-14.00 Lunch
14.00-15.30 Treatment of patients by the participants under the supervision of the teacher
15.30-15.45 Coffee break
15.45-16.30 Practical session: trunk activation against gravity - Continuation
16.30-17.30 Guidelines for the case-report to be prepared between the first and second module of the course and clinical examples - Conclusion of the first week

Sixth day

8.30-9.00 Registration of participants and presentation of the objectives of the module
9.00-11.00 Lesson: Motor learning
11.00-11.15 Coffee break
11.15-13.00 Practical session: Foot preparation for sitting and supine
13.00-14.00 Lunch
14.00-15.30 Treatment of patients by the participants under the supervision of the teacher
15.30-15.45 Coffee break
15.45-17.30 Practical session: Stand-to-sit-to-stand
17.30-17.45 Summary of learning, last questions and conclusion of the day

Seventh day

8.30-11.15 Lesson - Neurophysiology of locomotion
11.15-11.30 Coffee break
11.30-13.00 Patient Demo E.
13.00-14.00 Lunch
14.00-15.30 Treatment of patients by the participants under the supervision of the teacher
15.30-16.00 Review of the treatment and discussion in working couples
16.00-17.30 Practical session: Training of the multi-kinetic chain for extension in standing position. Vertical reaching

Eighth day

8.30-11.15 Lesson: Normal walking and pathological walking: biomechanical aspects
11.15-11.30 Coffee break

11.30-13.00 Patient Demo F
13.00-14.00 Lunch
14.00-15.30 Treatment of patients by the participants under the supervision of the teacher
15.30-15.45 Coffee break
15.45-17.30 Practical session: Stand down and activation of the multicinetic chain for SLS
17.30-17.45 Summary of learning, last questions and conclusion of the day

Ninth day

8.30-11.15 Lesson: Neural and muscular plasticity
11.15-11.30 Coffee break
11.30-13.00 Demo pcs G
13.00-14.00 Lunch
14.00-15.30 Treatment of patients by the participants under the supervision of the teacher
15.30-15.45 Coffee break
15.45-17.30 Practical session: First step
17.30-17.45 Summary of learning, last questions and conclusion of the day

Tenth day

8.30-10.30 Practical session: First step and facilitation of the journey (general aspects)
10.30-10.45 Coffee break
10.45-12.00 Practical session: Back step
13.00-14.00 Lunch
14.00-15.30 Treatment of patients by the participants under the supervision of the teacher
15.30-16.30 Facilitations on the way - continuation
16.30-17.00 Summary of learning, ECM test and conclusion of the first module

A work to be prepared between the first and the second module will be required: a case report / case study to be sent to the teacher / assistant within a defined term as scheduled in the fifth day of the course.

Eleventh day

8.30-9.00 Registration of participants and presentation of the objectives of the second module - General feedback on case reports
9.00-10.00 Lesson: Postural bases for reach-to-grasp
10.00-11.15 Practical session: an example connected to the previous presentation as a hook between the first and second part of the course
11.15-11.30 Coffee break
11.30- 12.45 Evaluation and treatment of patient H by the teacher in a group session
12.45-13.00 Summary of evaluation and discussion
13.00-14.00 Lunch
14.00-15.30 Treatment of patients by the participants under the supervision of the teacher

15.30-15.45 Coffee break

15.45-17.30 Practical session: Alignment of the upper trunk and antigravity activation of the neck-head system as a basis for the setting of the scapula

17.30-17.45 Summary of learning, last questions and conclusion of the day

Twelfth day

8.30-11.15 Lecture - Neurophysiology and biomechanics of reach-to-grasp

11.15-11.30 Coffee break

11.30-13.00 Patient Demo I

13.00-14.00 Lunch

14.00-15.30 Treatment of patients by the participants under the supervision of the teacher

15.30-15.45 Coffee break

15.45-17.30 Practical session: Trunk constraint and activation of the extensor apparatus for lateral and anterior reaching

17.30-17.45 Summary of learning, last questions and conclusion of the day

Thirteenth day

8.30-11.15 Practical session: Forward sitting (symmetrical / asymmetrical) to mobilize and activate the scapula

11.15-11.30 Coffee break

11.30-13.00 Patient Demo L

13.00-14.00 Lunch

14.00-15.30 Treatment of patients by the participants under the supervision of the teacher

15.30-15.45 Coffee break

3.45-5.30pm Practical session: Prone standing (activities for the lower limb and walking)

17.30-17.45 Summary of learning, last questions and conclusion of the day

Fourteenth day

8.30-11.15 Practical session: Prone standing (activities for the scapula and for reaching beyond the head)

11.15-11.30 Coffee break

11.30-13.00 Patient demo M

13.00-14.00 Lunch

14.00-15.30 Treatment of patients by the participants under the supervision of the teacher

15.30-15.45 Coffee break

15.45-17.30 Practical session: Facilitating the anteposition of the arm, elbow extension, forearm pronation and wrist extension as the main elements of reaching

17.30-17.45 Summary of learning, last questions and conclusion of the day

Fifteenth day

8.30-10.30 Facilitate selective hand movements for functional activity (brief theory and practice)

10.30-10.45 Coffee break

10.45-13.00 Practical session: Facilitating selective hand movements for functional activity (continued)

13.00-14.00 Lunch

14.00-15.30 Treatment of patients by the participants under the supervision of the teacher

15.30-16.00 Review of the latest treatment techniques

16.00-17.00 ECM test and conclusion of the course