



## Managing the “Pusher”

### A Virtual NDT Workshop

Saturday September 18, 2021

#### Workshop Description

This one-day virtual webinar will provide an opportunity for health care professionals to gain insight into managing the individual with contraversive pushing tendencies (“Pusher Syndrome”). The individual who suffers from a stroke and has “pushing” tendencies presents with unique impairments that challenge clinicians. This workshop will present the current theoretical evidence and discuss how as NDT therapists we effectively assess and treat these individuals. Various treatment ideas will be presented to help guide therapists in making impactful clinical decisions and in enhancing functional outcomes when working with the individual who “pushes”.

The workshop will contain didactic information, problem solving sessions, detailed lab information with handouts, and videos to watch. The session will have live, virtual interaction with the instructor throughout the workshop. There is also an optional lab component for those individuals who would like time to practice the labs and receive live virtual feedback from the instructor. Individuals who register for this component will need to have a colleague, family member or friend who is available for the lab practice

#### Workshop Objectives:

Upon completion of this webinar the participants will be able to:

- Understand the research that supports recovery of an individual who has contraversive pushing tendencies.
- Identify major impairments interfering with typical movement and function in the individual with stroke who has contraversive pushing tendencies.
- Explore various treatment strategies and progression ideas to enhance the recovery of the individual who has contraversive pushing tendencies.

#### Instructor: Karen Guha, PT, BScPT, C/NDT, CIDN, NDTA Coordinator Instructor

Karen Guha is a registered physical therapist who graduated from the University of Toronto in 1996 with a BSc PT. Karen worked in the United States for 3 ½ years treating individuals with neurological diagnoses in both the inpatient and outpatient settings. She returned to Canada in 2000 and began working at Grand River Hospital (GRH), Kitchener, Ontario. Karen worked on the acute stroke unit, inpatient and outpatient neuro rehabilitation settings at GRH. She presently works in the outpatient Neuro Rehabilitation Clinic at GRH treating individuals who suffer from stroke, acquired brain injury, spinal cord injury and other neurological diagnoses. In addition, she works with individuals privately in their home or community and at Back Works Spinal and Sports Rehabilitation, Waterloo, Ontario. Karen has over 20 years’ experience working with individuals with neurological impairments.

Karen began her NDT training in 1998 by completing her Certificate Course (for adults with hemiplegia), and later took several advance level courses. In 2002 Karen became an Instructor Candidate and began assisting on various NDT courses. Karen became a NDTA PT instructor in 2007 and a NDTA Coordinator Instructor in 2011. Karen is also qualified to teach NDTA Advanced courses. She has taught NDT courses in Canada, the United States and internationally. Karen became certified in Integrated Dry Needling in 2017.

**Requirements:** Participants must be a registered Physical Therapist, Occupational Therapist, Therapy Assistant or Registered Kinesiologist who work with individuals who have suffered from stroke or brain injury. You will need to have access to Zoom.

**Tuition:** The fee for this 1-day course is \$240.00 CAD, plus HST. This price includes the optional Lab Component. Accepted forms of payment include cheque payable to Back Works Spinal and Sports Rehabilitation, credit card or e-transfer. Tuition includes course materials which will be provided electronically in the week prior to the course.

**Cancellation Policy:** Cancellations must be received in writing and all refunds are subject to a \$40.00 administrative fee. After **Fri Sept. 10, 2021**, and in the event that a replacement cannot be found, no refunds will be granted.





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### Workshop Schedule (EST – Toronto Time)

8:30 - 8:45	Introduction
8:45 - 9:30	The “Pusher”– Understanding the research and primary impairments
9:30 - 10:30	Principles of Intervention– Including labs in sitting and how to manage the “push”
10:30 - 10:45	Break
10:45 - 12:15	Challenge – Exploring treatment interventions to progress to standing/gait
12:15 - 12:45	Lunch
12:45 - 1:45	Case Study – Patient case study demonstrating progression
1:45 - 2:00	Wrap up
2:00 - 3:00	Optional Lab Practice – Review of labs from workshop

### Managing the Pusher - Registration Form Saturday September 18, 2021

Please complete the following information legibly and mail, fax or e-mail it back with payment. Participants are not considered registered until payment is received. Confirmation and receipts will be sent via email.

E-mail to [reception@backworksphysiotherapy.ca](mailto:reception@backworksphysiotherapy.ca) fax to (519) 746-8346 or mail cheque to:

Back Works Spinal and Sports Rehabilitation  
99 Northfield Drive Suite 102  
Waterloo, Ontario, N2K 3P9

#### For Office Use:

- ☐ Emailed participant
- ☐ Added to gMail Contact List
- ☐ Added to Participant List
- ☐ Prepped
- ☐ Processed

#### Name and credentials as you would like it to appear on your certificate:

Name: \_\_\_\_\_ Credentials: \_\_\_\_\_  
City: \_\_\_\_\_ Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_ Profession: \_\_\_\_\_

- ☐ Workshop Only: \$225.00, plus HST (\$254.25 CAD)  
☐ Workshop & Optional Lab: \$240.00, plus HST (\$271.20 CAD)  
☐ I will be participating with another participant for the lab portion  
☐ I will be participating with a friend or family member for the lab portion  
☐ I am unsure of who I will be participating with for the lab portion at this time

#### Payment Options:

- ☐ Cheque payable to Back Works Spinal and Sports Rehabilitation
- ☐ Visa
- ☐ Mastercard
- ☐ eTransfer to [reception@backworksphysiotherapy.ca](mailto:reception@backworksphysiotherapy.ca) (Please confirm space in course prior to e-transferring funds)

Name as it appears on credit card: \_\_\_\_\_  
Credit Card Number: \_\_\_\_\_  
Expiration: \_\_\_\_\_ Security Code (3 digits): \_\_\_\_\_

