

## Course Registration

Register online at the following:

**MageeRehab.org/education**

or contact Alexander Kobb at:

akobb@mageerehab.org

215-587-3149

for any additional questions/information/  
registration

## Registration Confirmation

We will send email confirmation upon receipt  
of registration.

## Payment

Payment can be made by check, MasterCard  
or Visa.

Please send check to:

Alexander Kobb, PT

Magee Rehabilitation Hospital

3rd Floor Gym

6 Franklin Plaza

Philadelphia, PA 19102

Please call for credit card payments directly to  
Alex Kobb at 215-587-3149

## Tuition

○ Single Tuition: \$450.00

○ 2 + participants: \$ 400.00 each

Tuition must be received no later than one  
week prior to the course date. Class size is  
limited, so please register as soon as possible.

## Location/Hotel Information

The courses will be held at the Magee Riv-  
erfront Outpatient Center located at:

1500 South Columbus Boulevard

Philadelphia, PA 19147 215-218-3900

Visit [www.mageerehab.org](http://www.mageerehab.org) for driving  
directions.

Nearby Hotel Information:

Hyatt Regency 215-928-1234

Comfort Inn 215-627-7900

## Faculty

**ALEXANDER KOB, MPT** is a Neuro-  
IFRAH® instructor, one of less than fifty  
instructors throughout the US and Canada.  
He is currently a team leader at Magee Re-  
habilitation Hospital where he works with  
patients of various neurological injuries in-  
cluding adults with hemiplegia. Alex is  
lead therapist on his unit working primarily  
as mentor to staff with more challenging  
patients. He has taught classes in many of  
the physical therapy programs throughout  
the Philadelphia Area.

**MARK DEWANE, DPT** is a Neuro-  
IFRAH® instructor, one of less than fifty  
instructors throughout the US and Canada.  
He is currently a team leader at Magee Re-  
habilitation Hospital where he works almost  
strictly with adults with hemiplegia. Mark is  
lead therapist on his unit working primarily  
as mentor to staff with more challenging  
patients. He has taught classes in many of  
the physical therapy programs throughout  
the Philadelphia Area.

# Three Neuro-IFRAH® Introductory Courses

**Introduction to the Neuro-IFRAH  
Approach in the Treatment and  
Management of Adults with  
Hemiplegia**

**November 8th and 9th, 2008**

**Resolving  
Shoulder Impairments and  
Improving Function**

**March 21st and 22nd, 2009**

**Assessment and Management  
of Functional Gait  
Walking For Life**

**May 2nd and 3rd, 2009**

By Alexander Kobb, MPT  
and Mark Dewane, DPT

Three exciting, hands-on courses for the  
treatment and management of adults with  
hemiplegia from a Stroke or Brain Injury

**Magee Rehabilitation**

 *Jefferson Health System*

## **Introduction to the Neuro-IFRAH® Approach in the Treatment and Management of Adults with Hemiplegia**

### **Course Description**

This two or three day course is designed to provide participants with an introduction to the Neuro-IFRAH® principles of management and practical application of these principles to increase function. Participants will be able to apply the information learned in a variety of treatment settings including acute care, inpatient and outpatient rehabilitation, home care, and skilled nursing facilities.

This course will consist of interactive lecture and hands on lab. Lab sessions will emphasize the development of patient handling skills through working with other participants. Information will be shared by lecture, lab and possibly using video or other visual aids.

### **Course Objectives**

Upon completion of this course, participants will be able to:

1. Identify the basic principles of management of the Neuro-IFRAH® approach.
2. Identify handling guidelines related to the Neuro-IFRAH® approach.
3. Identify concepts related to the framework for normal movement.
4. Differentiate between normal and abnormal movement in function.
5. Identify the missing components of movement that are interfering with patients' abilities to function at a higher level.

6. Apply handling techniques to help attain the missing components of movement that are interfering with functioning at higher levels.
7. Integrate concepts related to normal movement, principles of management, handling guidelines, and handling techniques into ADLs and other functional activities.

Upon successful completion of the course, participants will be Neuro-IFRAH Trained®.

This Introductory course will include but is not limited to the following topics: facilitation of scooting, sit to stand, transfers, facilitation and stretches of the pelvis and thoracic spine, control in standing as well as management of patients who push

## **Resolving Shoulder Impairments and Improving Function. An Introductory/Intermediate Level Course**

### **Course Description**

This two day course is specifically designed for occupational and physical therapists who work with adult stroke and brain injury patients. This course will cover topics related to upper extremity management with emphasis on resolving shoulder impairments and recovering function. Information will be shared by lecture, lab and possibly using video & other visual aids.

### **Course Objectives**

Upon completion of the course participants will be able to:

1. Identify principles of management handling guidelines and concepts related to the challenge of maximizing functional outcomes as related to upper extremity function.
2. Identify basic components of normal movements as related to upper extremity function.

3. Identify characteristics of upper extremity use and upper extremity components of normal movement
4. Differentiate between normal and abnormal upper extremity movement in functional activities.
5. Identify the missing components of movement that are interfering with the patient's ability to function at a higher level
6. Identify handling techniques to help patients attain the missing upper extremity components of movement that are interfering with functioning at a higher level.
7. Identify handling techniques to resolve mobility problems and pain.
8. Integrate concepts related to normal movement, principles of management, general areas of function and handling techniques as related to the upper extremity in ADLs.

## **Assessment and Management of Functional Gait. Walking for Life**

### **Course Description**

This three day introductory level course is specifically designed for physical and occupation 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. This course will be followed by intermediate level, advanced and ultra advanced courses on function in upright postures. Information will be shared by lecture, lab and possibly using video or other visual aids.

### **Course Objectives**

Upon completion of this course participants will be able to:

1. Identify the importance of walking as a critical step in the 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.