

## Program Objectives

At the conclusion of this course, the participant will be able to:

- Describe the kinematics of the lower extremity during functional activities of sit to stand, single leg step up and gait
- Identify abnormal lower extremity movement patterns during weight bearing activities
- Demonstrate use of visual biofeedback to observe the kinematics of lower extremity motion.
- Instruct patients in the use of visual biofeedback to improve motor control during functional activities.
- Create home exercise programs integrating visual biofeedback to improve motor control for the lower extremity during functional activities.

# Beyond Exercise: Achieving Functional Motor Control

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Wendy Stimson, P.T.

851 Fremont Ave., Ste. 110

Los Altos, California

Saturday  
May 22, 2010

8:00-5:30



*San Jose District*  
California Physical Therapy Association

SAN JOSE DISTRICT  
CPTA  
125 Conmemora Way #132  
Sunnyvale, CA 94087

## Program Information

Today's clinicians are challenged to resolve patient problems in increasingly shorter time frames. This intermediate course provides the clinician with practical, evidence based biofeedback tools for achieving motor control *quickly* during closed chain lower extremity functional activities. The goal of the course is to provide an interactive environment to discuss the kinematics of normal functional motion and to apply biofeedback to evaluate and correct that motion. Lab presentations will include gait analysis, single leg step up/step down and sit to stand with a focus on the kinematics of skeletal segments in the lower extremities. Emphasis is placed on identifying and correcting the underlying problematic motion using visual biofeedback. The clinicians attending this course will be able to immediately apply this information in the clinical setting.

**Program Instructor: Wendy Stimson, PT, MBA:** Wendy Stimson graduated from California State University, Fresno in 1979. She has been in private practice in Los Altos, California for the last 20 years. Wendy developed and has successfully used this biofeedback technique for the last 5 years.

**CEUs:** 7.5 Contact hours, 0.75 CEUs are **APPROVED** for this course

## Course Schedule:

### 7:30-8:00

8:00 – 8:30

8:30 – 10:30

10:30 –10:45

10:45-12:30

12:30 – 1:30

1:30 – 2:30

2:30-2:45

2:45 – 4:00

4:00 – 4:30

4:30 – 5:00

## Registration

Introduction

Kinematics of the pelvis during gait, single leg step up/step down and sit to stand

Break

Kinematics of the lower extremity during gait, single leg step up/step down and sit to stand

Lunch on own

Biofeedback use

Break

Lab- Biofeedback application

Functional home program instruction applying biofeedback

Summary, Q & A

**Location:** Wendy Stimson, P.T.

Los Altos Courtyard  
851 Fremont Ave., Suite 110  
Los Altos, CA 94024

**Cost:** includes handout materials and snacks.

**\$140.00 for APTA members,  
\$225.00 for non-members**

## Information and Registration:

Ann Vivian PT, NCS annvpt@sbcglobal.net

## REGISTRATION

NAME & CREDENTIALS for certificate:

Address:

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### **Registration Fee due May 15, 2010**

(Make checks payable to San Jose District CPTA)

APTA Member\* \$140.00

(\* copy of current APTA membership card required)

Non-APTA Member \$225.00

### **Send registration, check and copy of APTA membership card (if applicable) to:**

San Jose District CPTA  
125 Connemara Way #132  
Sunnyvale, CA. 94087

Cancellation Policy: A full refund less a \$25 fee if cancellations made 2 weeks before the course. Notice of cancellation must be received in writing no later than 2 weeks prior to the course. All fees will be refunded if the instructor cancels the course, however no other expenses incurred by registered participants will be refunded.