

Intervention Design to Optimally Progress Reactive Balance Training: Translating Research into Clinical Practice



OBJECTIVES:

1. Analyze current research findings and the recommendations for Perturbation-Based Balance Training.
2. Compare and contrast different assessment techniques to accurately determine patient appropriateness for PBBT.
3. Describe the progression of PBBT interventions for patients of varying functional levels to integrate into your current clinical practice.
4. Identify different options for equipment use and safe environmental set up to prepare and deliver effective perturbations.

SPEAKER:



J.J. Mowder-Tinney

PT, PhD, NCS, C/NDT, CSRS, CEEAA

J.J. Mowder-Tinney PT, PhD, NCS, C/NDT, CSRS, CEEAA is a Professor in Physical Therapy at South College. She has been a physical therapist with 25-years of

experience in a multitude of clinical settings with the majority of experience with people with neuromuscular deficits. She received Board Certification in the area of Neurologic Physical Therapy from the American Physical Therapy Board of Clinical Specialties in 2000 and recertified in 2010 and 2020.

She has extensive training in the areas of Stroke rehabilitation, Spinal Cord injury, Parkinson's Disease and Balance. She has earned her Certified Stroke Rehabilitation Specialist (CSRS) certification from the American Stroke Association and her Certified Exercise Expert in Aging Adults (CEEAA) from the Academy of Geriatric Physical Therapy.

Dr. Mowder-Tinney conducts nationwide seminars on the Treatment of Patients with Neurological Deficits, Spinal Cord Injuries, Balance Challenges and Parkinson's Disease. In 2017, she was the recipient of the Award for Excellence in Neurologic Education from the Academy of Neurologic Physical Therapy of the APTA and in 2021 received the Marilyn Moffat Distinguished Service Award from the NYPTA.

WHEN:

Wednesday August 25, from 6:30-8:30 pm

HOW:

The course is being held electronically via Zoom and is being hosted through F.F. Thompson Hospital.

Register by August 18th: Register online at [Thompsonhealth.com/balance](https://www.thompsonhealth.com/balance) or call Parker Drumm at 585.396.6050.

COST:

\$50 for non URM affiliates

\$25 for URM affiliates

\$25 for physical therapy students

FREE for F.F. Thompson Hospital associates

50% of proceeds are being donated to Rochester Accessible Adventures (RAA).

Contact Hours: UR Medicine's Thompson Health is an approved provider for: New York State Education Department, Department of Professions for PT/PTA CEUs. Course attendees will earn 2 contact hours or 0.2 CEUs

