



Primitive Reflexes influencing Movement & Motor Control: Assessment and Rehabilitation

Two Day Course

This course is suitable for orthopaedic, paediatric and neurological physiotherapists

Sean Gibbons

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"Finally, I have a way to treat motor morons"

"Movement changes so quickly - and maintains"

Chris Barber Physiotherapist

Course Description

Some questions beg answers

How do you rehab someone with poor coordination?
Why does the CNS move the body in a harmful way?
Why do some people never regain full ROM?
What are the CNS & PNS contributions to tone?

This course will answer these questions & more!

Primitive reflexes (PR) are brain stem-mediated, complex automatic movement patterns that commence in utero. If PR persist beyond their average lifespan they may begin to interfere with proper CNS development, normal movement and could indicate neurological impairment. They present in conditions such as learning difficulties or movement disorders in children and adults. PR can also reappear due to altered sensory input into the CNS (musculoskeletal injury) or altered processing (i.e. concussion). The presence of PR will influence motor control and can interfere with normal rehabilitation.

During this two day course we will cover the assessment and rehabilitation of primitive reflexes in detail. Strategies for treatment in the clinic and home exercise will be discussed.

Specific examples of what PR can be used to improve highly common clinical problems including:

- Grasp reflex for shoulder upper limb coordination and glenohumeral medial rotation ROM
- Babinski and Foot Tendon Guard for lower limb & gait coordination, and dorsiflexion ROM
- Asymmetrical Tonic Neck & Abdominal Reflexes for abdominal hollowing, & trunk coordination
- Landau for hamstrings and trunk tone

The traditional view that PR are inhibited by normal movement is limited. The cognitive replication, rather than reproduction of PR inhibits them. PR are highly effective at rehabilitating normal movement, and neurocognitive function.

Check out our blog and Facebook page for more information: [facebook.com/smarterehab](https://www.facebook.com/smarterehab)
<http://www.smarterehab.org/>
<http://smarterehab.blogspot.ca/>

Course Objectives:

The participant will be equipped to:

- Use primitive reflexes to rehab people who have very poor coordination
- Understand the role of primitive reflexes in pain, cognitive function and motor control.
- Assess and rehabilitate primitive reflexes in children and adults
- Implement a home exercise program for primitive reflex inhibition
- Use primitive reflex inhibition strategies to improve movement & motor control

Facilitator

Sean Gibbons graduated from Manchester University in 1995. He shares his time between clinical practice, teaching and research. He has been rehabilitating movement for his whole career and has closely looked at the underlying mechanisms as to why movement is altered. Primitive reflexes (PR) play an important role in this. He has identified new PR, and researched and developed clinically relevant interventions. His PhD was on the development of a prescriptive clinical prediction rule for specific motor control exercises in low back pain. Key new sub-classifications were identified: neurocognitive, sensory motor function which is related to extremely poor movement and the ability to learn; body image pain and neuroimmune-endocrine dys-regulation. His current work aims to further validate the sub-classification model. He has presented his research at national and international conferences and has several journal publications and book chapters on related topics. He is an associate researcher at MUN and is part of the teaching faculty at McMaster's Advanced Orthopaedic Musculoskeletal/Manipulative Physiotherapy Specialization

Registration Form (Please Print Clearly)

Name: _____

Address: _____

Phone: _____

Fax: _____

Email: _____

Physiotherapy Reg # _____

Course: Primitive Reflexes_Ottawa_Oct_2017

Note: SMARTERehab reserves the right to cancel a course at any time. In the event that SMARTERehab cancels a course, your registration fee will be refunded in full. SMARTERehab reserves the right to accept course applicants.

Cancellation Fee: A 25% administration fee will be charged up to the registration deadline for refunds. No refunds will be granted after this date.

Video & Audio recording is not permitted

Copyright: Participants will be required to agree to reference SMARTERehab original ideas in teaching, presentations or publications

Payment Method: (Amount) _____

- Cheque enclosed (payable to SMARTERehab)
- Visa / MC (circle) (AMEX is not accepted)
- Discount rate applies: category _____
- I want to pay in two instalments
- Paypal via SMARTERehab.org (courses)

Cardholders Name _____

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Expiration Date _____

Signature _____

Course Fee: \$490

10% discount for the following:

- Group: 3 or more registrants from same company (Must register together as a group at the same time)
- Early Bird: register by Oct 7
- New Physio Grads & Students 2016 or 2017 (cannot be combined together or used in conjunction with below)

20% discount if Repeating the course?
(cannot be used in conjunction with above)

Paying yourself?

Pay in 2 instalments: Oct 2017 & March 2017
(Must pay by cc or post dated cheque;
Does not apply if use discount rates)

Date: Oct 14-15, 2017

Time: Sat: 8:30a.m. – 4:30p.m.
Sun 8:30a.m. – 4:30p.m.

Registration Deadline: Oct 6, 2017

Course Organizer: For more info contact
Sean Gibbons @ 709 771 0909
email: stabilityphysio@gmail.com
www.smarterehab.org

Location: Momentum Physiotherapy
2600 Leitrim Road
Ottawa, ON
K1T 3V3

Send Payment To:

SMARTERehab
48 Bannister Street, Suite 101A
Mount Pearl, NL
A1N 1W1
Or Fax: 709 702 0699

What will you get from this course that you may not already have?

Improve Motor Control

Learn how to use primitive reflex inhibition to reduce tone and muscle tightness, improve movement and coordination.

Primitive reflexes

Understand the role of primitive reflexes in pain, cognitive function and motor control. This has a huge influence on correcting movement, rehab strategies and learning skills. This is also important for neurological rehab.

Motor Control Ability Screening

What about the people who can't seem to learn the exercises we teach them? You will learn how to use the Motor Control Abilities Questionnaire to screen people for the ability to learn specific motor control exercises. You will learn alternative treatment options to rehabilitate this problem population.

Neurodevelopmental Process

The neurodevelopmental process can be used for rehabilitation of orthopaedic patients, neurological rehab of adults and children, as well as central pain and balance retraining.

Specific Examples

Clinical examples will be covered to illustrate how PR can be used to improve many common clinical presentations.

Already Familiar with Primitive Reflexes?

Our original research has changed our treatment of PR to make it more functional and faster.

Learning Difficulties

Appreciate the importance of cognitive based learning skills in rehabilitation.

Parfrey K, Gibbons SGT, et al 2014 Head and limb position influence superficial EMG of abdominals during an abdominal hollowing exercise. BMC Musculoskeletal Disorders. 15:52. DOI: 10.1186/1471-2474-15-52