

Neuro-Developmental Treatment Concept

The Neuro-Developmental Treatment (NDT/Bobath) approach was initiated in North America in 1958 and has continued to be developed for the treatment of individuals with pathophysiology of the central nervous system (CNS), primarily children with cerebral palsy (CP) and adults with stroke. Individuals with CNS pathophysiology have dysfunction in posture and movement and subsequent functional activity limitations. The Bobaths developed the NDT/Bobath approach to address these problems. The NDT/Bobath approach continues to be enriched with the emergence of new theories, new models and new information in the movement sciences. In addition, as the characteristics of the population with CNS pathophysiology change, the approach continues to evolve. The reputation and effectiveness of this approach to the therapy care of children and adults has been well-established, respected and recognized for decades.



About NDTA

NDTA, Inc. is a non-profit organization that strives to promote and continually develop the theory and principles of Neuro-Developmental Treatment.



**Neuro-Developmental Treatment
Association, Inc.**

Phone: 800 869-9295

Fax: 949 376-3456

1540 S. Coast Highway, Suite 203

Laguna Beach, CA 92651-3260

www.ndta.org

Neurodevelopmental Treatment, Inc.
1540 S. Coast Highway #203
Laguna Beach, CA 92651



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**NDTA Approved
COURSE INFORMATION**

APP REQUIREMENTS

- » Professional license in the state of residence.
- » Current malpractice insurance.
- » At least one year's post graduate experience and current practice treating either children with cerebral palsy or adults with hemiplegia.



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» COURSE DESCRIPTION

These postgraduate continuing education courses are specifically designed to be offered to Physical and Occupational Therapists and Speech-Language Pathologists who work with adults or children with neuromuscular impairments. Curriculum will include intensive theoretical and practical work that was originally developed and taught by Dr. Karel and Mrs. Berta Bobath as well as current updated information that has been further developed by the NDTA, Inc. Instructors group.

The core curriculum includes didactic information, hands-on lab work with participants practicing problem solving and intervention strategies, treatment demonstrations and mentored clinical practice with clients by participants.

These courses include application of the NDT/Bobath philosophy, theory and principles to adults or children with neuromuscular impairments. Participants will work with a variety of clients during the course to insure the most optimal integration of course information.

Presentation of the NDT/Bobath philosophy using an interdisciplinary team assures that all therapists understand the "whole" patient; a truly holistic approach.

Participants will apply the philosophy and principles of Neuro-Developmental Treatment consistent with the laws and regulations of their licensure and scope of practice.

Participants are expected to successfully complete course objectives, meet attendance requirements, develop and utilize appropriate intervention strategies and treatment planning worksheets and successfully complete a standardized final exam. Once accomplished, an NDTA Certificate of Completion is awarded.

» OBJECTIVES

- » To attain a comprehensible understanding of the NDT/Bobath principles.
- » To advance the therapist's ability to analyze effective and ineffective movement and posture.
- » To practice hands-on application of NDT/Bobath therapeutic handling strategies to the management of individuals with neuromuscular disorders
- » To readily identify the relationships between functional activity limitations, ineffective posture and movement and impairments in individuals with neuromuscular disorders.
- » To develop and demonstrate therapeutic handling strategies and skills necessary to improve sensorimotor performance and overall functional abilities.

» CURRICULUM

Each course curriculum includes the following broad topics:

- » Neuro-Developmental Treatment (NDT) philosophy, theoretical basis and the integration of enablement/disablement models used in an NDT/Bobath assessment and management framework.
- » Current neuroscience information as it relates to Neuro-Developmental Treatment.
- » Clinical evaluation of individuals who have neuromuscular disorders including their functional activities, functional limitations, impairments, inefficient and ineffective posture and movement, and their social roles.
- » Development of skill in analyzing posture and movement components of functional tasks including locomotion, ADL performance, feeding and communication.
- » Development and hands-on implementation of a treatment plan consistent with Neuro-Developmental Treatment to optimize postural control and alignment as a foundation for more efficient and skillful performance of functional skills.
- » Supervised assessment and hands-on treatment of patients with neuro system pathology, with individual mentoring by NDTA, Inc. course instructors.
- » Development of skill in managing care of the individual across the lifespan, including understanding of compensatory movement patterns and potential medical/health consequences.
- » Understanding of the interdisciplinary team approach including utilization of adaptive equipment, training and education of caregivers in the home as well as in community-based situations.

» REQUIRED TEXT



Neuro-Developmental Treatment: Theoretical Basis and Principles of Clinical Practice
by Janet Howle is required for all NDTA, Inc. Approved Basic Courses.



For a current list of all NDTA, Inc. Approved Courses and Active Instructors eligible to teach these courses, please visit our website at www.ndta.org or refer to the NDTA, Inc. bi-monthly newsletter *The Network*.

» NDTA APPROVED COURSES

These courses are taught by a well-educated team which includes an **NDT Coordinator-Instructor** along with additional NDTA, Inc. Instructors who will provide expertise and mentoring in the disciplines of Physical and Occupational Therapy and SLP. All NDTA, Inc. Instructors are required to maintain professional credentials and standards in keeping with the guidelines established by the NDTA, Inc.

The NDTA, Inc. Approved Certificate courses are now offered in several different formats to meet the needs of consumers in a variety of clinical situations and lifestyles. This enhances attendance and integration of materials. All formats include the same content and similar number of total contact hours. Some may include distance learning assignments. Consumers are encouraged to know their learning strengths and styles and to select a course format that supports their needs.

The NDT/Bobath Certificate Course in the Treatment and Management of Individuals with Cerebral Palsy, NDTA, Inc. Approved Course focuses on evaluation and treatment of children who have cerebral palsy and other movement disorders. Understanding processes involved in typical and atypical sensorimotor development is a critical emphasis in the pediatric courses.

The NDT/Bobath Certificate Course in the Treatment and Management of Adults with Hemiplegia, NDTA, Inc. Course focuses on evaluation and treatment of adults who have hemiplegia or other neuromuscular system pathology.

The NDTA, Inc. Approved Advanced Courses are available to clinicians who have a minimum of one year experience following the successful completion of the respective Certificate course.