



Saskatchewan  
Health Authority

## Instructor

**Shelley Mannell – BSc, BHScPT**

Shelley has over 30 years experience in pediatric rehabilitation, serving children and adolescents across a spectrum of neurological and developmental disabilities and their families. She utilizes available research to inform the development of her clinical skills across multiple sensory and motor domains to better serve children as they mature through the lifespan.

Shelley began teaching as a clinical faculty member in the Faculty of Rehabilitation Science at McMaster University and continues to participate in clinical research and education. She is a certified children's meditation facilitator and developed HeartSpace Yoga and Meditation for children. Shelley is also the co-creator of Dynamic Core for Kids, an evidence-based approach to central stability for children with challenges. Over the past decade, Shelley has been an invited instructor at hospitals, children's rehabilitation centres and conferences internationally, discussing the dynamic systems nature of postural control development and its application to assessment and treatment for children with motor challenges. ([www.heartspacept.com](http://www.heartspacept.com)).



## Registration

Registration is limited to 40 participants and offered on a first come, first-serve basis to SK Health Authority employees upon receipt of the registration form and fee.

### Course Fee:

SK Health Authority employees: \$200.00.

This fee includes the cost of the 2 day course, lunch and refreshments. If you have specific dietary needs please bring something with you to supplement what we will be offering for food.

**After the registration deadline of Aug. 1** we will open up remaining spots in this course to **non-SK Health Authority employees** at a registration rate of \$500. Registrations will be collected and your name will be placed on a waitlist. We will contact you after August 1st if there is room in the course for you to attend.

**Cancellation Policy:** There will be a \$50.00 cancellation fee if we are contacted by **August 15, 2018**. Cancellations submitted after August 15th will be non-refundable. Please make any cancellation requests by contacting Deb Spelay.

## Location of Course

Wascana Rehabilitation Centre—Hostel  
2180—23rd Avenue  
Regina, SK S4S0A5  
Deb Spelay, Children's Program  
2180—23rd Avenue, Regina, SK S4S0A5

### Contact Deb at:

Phone: (306) 766-0861

Email: [deb.spelay@saskhealthauthority.ca](mailto:deb.spelay@saskhealthauthority.ca)

## Function From The Inside Out:

## Sensory and Motor Processing for Postural Control

Instructed by:

Shelley Mannell, Physical Therapist from HeartSpace PT

**September 13th & 14th, 2018  
Regina, SK**

Presented by:  
Saskatchewan Pediatric Therapies Conference Committee

## Function From the Inside Out

This course provides an understanding of the developmental process of postural control as it underlies functional gross, fine and visual motor skills. Within the framework of postural control, participants will study the initial contribution of visual and vestibular sensory processing involved in primitive movement patterns (reflexes). The progression from primitive patterns to central stability will be explored, specifically addressing the relationship of the inner and outer core musculature, and their crucial contribution to anticipatory postural control.

Discover how the development of postural control is disrupted in children with Autism Spectrum Disorder, CP, DCD and hypotonia. Lecture, videos and practical lab experiences will enhance participant's clinical skills as we explore a model for assessment and treatment of postural control in a variety of individuals with movement challenges.

## Participant Information

This course is for Saskatchewan Health Authority PTs, OTs, SLPs, and PTA/OTAs who work with children.

Applicants must be familiar with typical motor development. Casual comfortable clothing is recommended for mat work.

### Upon completion of this workshop the participant will:

1. Discuss the development of postural control, including the contributions of the visual and vestibular sensory systems and the core musculature.
2. Develop an understanding of the role of sensory input and processing in the expression of primitive reflexes (movement patterns).
3. Develop a working model for assessment of developmental movement patterns.
4. Summarize a working model of assessment of core function in functional movement.
5. Demonstrate basic skills in assessing essential components of functional vision.
6. Discuss a variety of treatment strategies to address functional postural control in a variety of children with movement challenges.

## Function From the Inside Out

September 13&14, 2018

Registration Deadline: August 1st, 2018

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

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

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

(We will use your email address to send a confirmation of registration, a link to the handouts before the conference, and your receipt after the conference.)

- Registration fee of \$200
- Registration fee of \$500 (Non SK Health Authority employee)
- Cheque enclosed payable to "SK Pediatric Therapy Conference"
- I will send an e-transfer to [deb.spelay@saskhealthauthority.ca](mailto:deb.spelay@saskhealthauthority.ca)