

# Dynamic Core for Kids - Stability in Action



**Presenters:**

**Shelley Mannell, PT & Julie Wiebe, PT, DPT**

**[Click here to register!](#)**



## COURSE DESCRIPTION:

This two-day course is designed to equip pediatric rehabilitation professionals with the knowledge, clinical reasoning, and tools to apply a systems based, neuromuscular central control framework to the specific needs of a variety of neurodiverse children: Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), Developmental Coordination Disorder (DCD), hypotonia, and more.

Day 1: Clinicians will be introduced to a neuromuscular, systems approach to central control (Core Strategy) that is distinct from traditional concepts of core strength. This integrative model uses the diaphragm and breathing mechanics as an access point for central control (aka core stability). This attainable and relevant starting point for pediatric populations impacts multiple intertwined systems including postural control, balance, sensory processing and emotional regulation as well as functional gross and fine motor skills. The development of and challenges to central control in neurotypical and neurodiverse populations are discussed. A specific assessment model of the elements of the central control system (diaphragm, abdominal wall, pelvic floor, and pressure system) is provided. An intertwined understanding of the influence of alignment and external support to optimize availability of the elements of this system is demonstrated.

Day 2: Participants will learn to integrate Core Strategy into treatment, movement, and functional activities that have immediate application to a variety of clinical settings (direct treatment, school, and home programs). Case presentations and small group learning will promote concept synthesis and clinical reasoning to implement Core Strategy in clients of differing ages (preschoolers age 2+, school age and teens) and diagnoses. Participants will also discuss how to integrate Core Strategy Techniques with Neuro-Developmental Treatment handling skills and sensory processing intervention to support a greater range of clients.

April 27-28, 2024



Day 1: 8:00am - 4:30pm ET  
Day 2: 8:30am - 4:30pm ET



Ivy: \$350  
Non-Ivy: \$550



Live - In person  
11488 Telegraph Rd  
Taylor, MI 48180



15 CEUs



Introductory

• **Target Audience:** PTs, PTAs, OTs, COTAs, SLPs

- **To Register:** [Click Here!](#)
- **Ivy:** Directly removed from your Con Ed allowance
- **Non-Ivy:** payment required on registration
  - Contact Taylor Young for questions at: [Taylor.Young@ivyrehab.com](mailto:Taylor.Young@ivyrehab.com)
- **Completion Requirements:** Must participate in all group discussions (as determined by instructors and facilitators) and complete course assessment and evaluation form.
- **Pre-requisite:** None
- **Format:** Live, In-person
- **Registration Deadline:** April 25, 2024

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## LEARNING OBJECTIVES

1. Describe the difference between a neuromuscular, systems approach to dynamic central control ('Core Strategy') and the traditional musculoskeletal, strength-based concept of 'core stability'.
2. Articulate the differences in the development of Core Strategy between neurotypical and neurodiverse children.
3. Identify the contribution of efficient and effective core strategy to the development of emotional regulation.
4. Evaluate the behavior and function of the diaphragm, transversus abdominis, pelvic floor, and intra-abdominal pressure system, both as individual components and collectively as an interconnected deep central control system.
5. Develop a well reasoned thought process to individualize a treatment strategy that balances and encourages teamwork for elements of the deep central control system.
6. Provide alignment cueing and external support options to optimize availability of the elements of the deep central control system.
7. Utilize breath mechanics strategies as a pediatric-friendly entry point to access and encourage teamwork in the deep central control system and support movement and function.
8. Implement clinical strategies that integrate a deep to superficial framework of neuromuscular system integration as an underpinning for function, balance, gross and fine motor skills.
9. Synthesize assessment findings to develop a well-reasoned treatment plan for a variety of neurodiverse populations exhibiting challenges with core strategy in movement, balance, emotional regulation, sensory organization, functional motor skills and activities of daily living.

## AGENDA

### Day 1

- 8:00 am Registration
- 8:30 Intros and Pre-Work
- 8:45 Foundational Concepts
- 9:45 Break
- 10:00 Neurotypical and Neurodiverse Development
- 11:15 Alignment Concepts
- 12:30 pm Lunch
- 1:30 Integrated Systems – Diaphragm
- 3:00 Break
- 3:15 Integrated Systems – Pelvic Floor
- 4:15 Day 1 Wrap Up
- 4:30 End

### Day 2

- 8:30 am Q & A, Recap
- 9:00 Children with neuromotor needs  
Posterior Oblique Synergist
- 10:30 Break
- 10:45 Children with neuromotor needs  
Anterior Oblique Synergist
- Noon Lunch
- 1:00 pm Children with increased motor capabilities
- 1:15 Balancing anti-gravity flexion and extension
- 1:30 Scaling activities: small groups
- 2:00 Creating rotation
- 2:30 break
- 2:45 Clinical applications
- 3:00 Treatment planning: small groups
- 4:00 Additional Populations
- 4:15 Q & A
- 4:30 End

### Cancellation Policy:

- If a professional development activity is cancelled by Ivy Rehab, the provider, all learners will be offered an alternate course date to apply a credit in the amount paid for the course OR all course fees collected will be refunded to the learner within 30 days.
- Paid registrants, learners, must cancel their registration with written notice to the Director of Clinical Education via e-mail to [CEregistration@ivyrehab.com](mailto:CEregistration@ivyrehab.com). If a professional development activity is cancelled by the learner with greater than 30 days written notice, a full refund will be given minus a \$25.00 registration fee. The learner will be refunded within 30 days. If the learner cancels their registration with less than 30 days notice from the course date, no refund will be awarded.
- Cancellations policies are subject to change by discretion of the Ivy Rehab Network's Director of Clinical Services and/ or Director of Clinical Education depending on course being offered.

Complaint Policy: to file a formal claim, please email [CEregistration@ivyrehab.com](mailto:CEregistration@ivyrehab.com) for a copy of the full policy and handling procedure.

Ivy Rehab is committed to ensuring accessibility to all learners. If you require ADA accommodations contact [CEregistration@ivyrehab.com](mailto:CEregistration@ivyrehab.com) at least 2 weeks prior to the event date so arrangements can be made.

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## CEU INFORMATION:



American  
Occupational Therapy  
Association

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**Approved Provider**

# PT

Physical Therapy State Board Approvals:

State approvals through Redefine Health: <https://www.redefinehealthed.com/ceuinfo/>

### **DISCLOSURES:**

- Presenter Disclosures:
  - Julie Wiebe is a physical therapist
    - Financial Disclosure: Presenter is receiving a speaker fee for this presentation.
    - Non-financial Disclosure: Presenter has no relevant non-financial relationships to disclose.
- Sponsor Disclosure: This learning event is presented by Ivy Rehab Network in collaboration Julie Wiebe PT & HeartSpace Physical Therapy for Children
- Content Disclosure: This learning event will not be advertising specific products.

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# BIOs:

## Shelley Mannell, PT



Shelley Mannell PT is a knowledge seeker, problem solver and international speaker with a propensity to read scientific articles for clinical insight. Her mission is to bring relevant research into compassionate practice. As a Physiotherapist and the owner of HeartSpace Physical Therapy for Children in St. Catharines, Ontario, Shelley helps connect children to their own bodies and raise their awareness of movement. She has been supporting children and families on their journey towards independence for over 30 years.

Shelley's enthusiasm for clinical research and education began at McMaster University as a clinical faculty member in the School of Rehabilitation Science. She has shared her knowledge and experience with clinicians around the world through her HeartSpace blog since 2010. Making sense of complex ideas and delivering contemporary information about postural control with a touch of humour, Shelley's topics are of interest to a wide range of professionals.

She is passionate about finding and developing approaches to enhance therapy and is certified in both Neurodevelopmental Treatment and Sensory Integration. Shelley is a yoga and meditation facilitator for children and uses these skills in her practice to build safe and connected relationships with children and families. Shelley is also the co-creator of Dynamic Core for Kids. This evidence-based approach to central stability for children with motor and sensory challenges is utilized by therapists world-wide.

As well, Shelley is invested in making education accessible through live, online and on-demand continuing education courses, virtual consultations and mentoring programs for clinicians.

[www.heartspacept.com](http://www.heartspacept.com)  @heartspacept

Julie Wiebe, PT, DPT



Julie has over twenty-five years of clinical experience in Sports Medicine and Pelvic Health, specializing in abdominopelvic, pregnancy and postpartum health for fit and athletic populations. Her passion is to return active patients to fitness and sport after injury and pregnancy and equip professionals to do the same. She has pioneered an integrative approach to promote pelvic health in and through movement and fitness. These strategies have been successfully incorporated by medical providers, rehab practitioners and fitness professionals into a variety of populations (ortho/sports medicine, pelvic health, neurology, and pediatrics). A published author, Dr. Wiebe is a sought after speaker to provide continuing education and lectures internationally at clinics, academic institutions, conferences and professional organizations. She provides direct care to fit and athletic populations through telehealth and her clinical practice. Dr. Wiebe joined the faculty of the University of Michigan-Flint Doctor of Physical Therapy program in 2021. In addition to providing curricular content regarding pregnancy and postpartum recovery, she has pursued her research agenda investigating the relationships between running biomechanics and pelvic health clinical features.

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