

Jan McElroy ms, pt, pcs

INSTRUCTOR

Jan McElroy graduated from the Department of Physical Therapy at the University of Missouri in 1972. She draws from 36 years of pediatric experience with the 0-3 yr population in a wide range of settings including NICU, acute care, birth to three programs, outpatient, and inpatient rehabilitation.

Jan's teaching experience includes clinical, classroom, and continuing education settings. She is currently adjunct faculty at the University of Missouri Department of Physical Therapy and is primary physical therapy faculty on the MU TIPS for KIDS grant. Her national continuing education short courses focus on baby treatment, treatment of infants born preterm, serial casting and temporary foot supports, and gait. Jan is currently a NDTA pediatric PT instructor candidate assisting in Neuro-Development Treatment 8 week pediatric and 3 week advanced baby courses.

Jan's attends the Doctor of Science Program in Pediatrics at Rocky Mountain University of Health Professions. She is currently conducting research in lower extremity movement patterns in infants born full term and preterm.

Jan owns a private pediatric PT practice in Columbia, Missouri.

Enrollment is limited to 34 participants

Half of the proceeds will be donated to the Department of Physical Therapy educational program.

For more information on the MU PT Program, go to <http://shp.missouri.edu/pt/>

Baby Steps  
do Department of Physical Therapy  
University of Missouri  
106 Lewis Hall  
Columbia, MO 65211-4250

## Baby Steps:

Building Ambulation Interventions for the 0-3 population with posture and movement dysfunction

July 24-26, 2009  
University of Missouri  
Lewis Hall, Room 3  
Columbia, MO

Instructor:  
Jan McElroy, MS, PT, PCS



Sponsored by:



**Gerti Motavalli, MPT**  
Pediatric Physical Therapist



# Baby steps:

Building ambulation interventions for the 0-3 population with posture and movement dysfunction

In this course we will focus on pre- and early ambulation in a population that is predisposed to rapid and dramatic changes: birth to three years. We will examine typical and atypical preparation for and development of ambulation in the infant and toddler. The impact of biomechanics, the neuromuscular system, the sensory system, orthotics, tone management, and equipment will be integrated as participants learn to build intervention strategies to address ambulation early and effectively in infants and toddlers with diagnoses such as CP, developmental delay, prematurity, and Down Syndrome. Course material will be presented using lecture, videos, lab, and group problem-solving.

## Course objectives

At the conclusion of this course, participants will be able to:

- Recognize and mediate adverse influences of the biomechanical, neuromuscular, and other body systems (respiratory, visual, sensory, GI, etc) on the development of ambulation in infants and toddlers.
- Develop and use pre-ambulation interventions to build the capacity for ambulation from early infancy.
- Develop and execute effective, evidenced based intervention programs to improve ambulation by selecting from a wide variety of approaches and supports including handling, treadmill, taping, and garments.
- Adjust intervention strategies to improve effectiveness of ambulation interventions by meeting the special needs of infants and toddlers with diagnoses of CP, developmental delay, prematurity, and Down Syndrome.
- Use principles of "benefit versus cost" as well as current evidence in selecting and progressing orthotics, temporary foot supports, and equipment to enhance functional ambulation.
- Assess for and refer for appropriate tone management adjuncts (medications, botox, etc) and provide effective interventions that maximize the window of opportunity provided.

## Course Schedule

### Friday

8:30 Introduction and Course Overview  
9:00 Elements of gait  
10:45 Implications of skeletal development in the child birth to 3 years  
12:00 Lunch  
1:00 Gait component changes lab  
3:15 Impact of systems on development of upright function  
5:00 Adjourn

### Saturday

8:30 **Review and Questions**  
10:45 Pregait techniques lab  
12:00 **Lunch**  
1:00 Development of atypical gait in different populations  
3:15 Orthotics, temporary supports and equipment  
5:00 **Adjourn**

### Sunday

8:30 **Review and Questions**  
9:00 Using treatment adjuncts: taping, garments, treadmill  
10:45 Tone management adjuncts  
12:00 **Lunch**  
1:00 Problem Solving  
2:30 Questions and Wrap-up  
3:00 **Adjourn**

### Intended Audience

Physical Therapists and  
Physical Therapist Assistants

Questions? Call Bev Denbigh at (573) 882-7250 or email [denbighb@health.missouri.edu](mailto:denbighb@health.missouri.edu); or Jackie Bohm at (573) 882-7103; Fax: 573-884-8369.

## Registration Form

### Baby Steps: Building Ambulation Interventions for the 0-3 population with posture and movement dysfunction

(check one)

- Early Registration: June 30, 2009 \$390.00  
 Late Registration: July 1, 2009 \$420.00  
(please see discount and refund policies below)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (home, cell, work) \_\_\_\_\_

Email \_\_\_\_\_

- I will need special assistance.

Any participant who has previously attended either the "Treating the Baby" or the "Building Therapeutic Interventions: NICU Discharge to 6 Months" should subtract \$40 from the registration fee listed above. All checks collected will only be cashed 5 days before the course starts. Payment must only be by check or money order **payable to: Gerti Motavalli**.

Register by mail, email, or fax. Mail your payment to:

Department of Physical Therapy  
Attn: Bev Denbigh, Building Therapeutic Interventions Course  
106 Lewis Hall  
University of Missouri  
Columbia, MO 65211

21 Contact Hours: This course and instructor meet the specifications to qualify for continuing education requirements for physical therapists in the state of Missouri.

**Registration Confirmation and Directions** will be emailed to you within a week of receiving your tuition payment. Maintain your registration confirmation for your records.

**Refund Policy:** Refunds less a \$25 cancellation fee will be given if a written request is received 2 weeks prior to the start of the course, no refunds thereafter. If the course is cancelled, full tuition refunds will be made.