

## BBTW – Directional Postural Control Assessment and Strategic Weighting to Control Balance



### Overview

Directional balance and postural control loss is evident in the elderly, and in those with orthopedic and neurological conditions. Rehabilitation clinicians focus treatment on improving postural control. During this introductory evidence-based course a new assessment and treatment option called Balance-Based Torso-Weighting is offered to direct the clinician to pay attention to directional instability. Stabilizing the torso affects distal mobility in both upper and lower extremities and crosses into both PT and OT specialties. All clinicians depending on their educational level will find the information useful. The PT and OT will utilize the assessment and treatment to improve balance and daily activities as well as manage equipment for the patient. The PTA and OTA while treating the patient can assess the outcome of the weighting and relay information to the PT or OT on how the patient is responding to their specific treatments.

During the class the clinician will learn objective tests to determine both static and reactive control of the torso. The treatment consists of strategically weighting the torso to improve balance and mobility. Participants will have ample opportunity to practice the patented assessment and strategic weighting technology using the BalanceWear Assessment Device on themselves and then volunteer patients.

### Learning Objectives

- Measure perceptual and dynamic directional loss
- Recite research evidence of weighting applications
- Practice BBTW directional static and dynamic assessment
- Apply strategic weighting according to BBTW
- Analyze differences in qualitative and quantitative measures with and without BBTW
- Determine if a patient benefits from rigid vs. soft neuro-sensory device
- Practice fitment and measurement of balance orthotics
- Document weight placement and size measurements
- List indications for lumbar orthotics
- Demonstrate knowledge of technology on volunteer patients and instructor

### Testimonials:

*"I don't have to think to move"*

**Mary** – a patient with MS

*"It's like a light bulb went on in my brain"*

**Brit** – a patient-status post brainstem surgery

*"It's like it holds you together"*

**George** – a patient with Parkinson's Disease

**Location** (for Hands On Sessions):

**Advance Physical and Aquatic Therapy**  
 965 Baltimore Pike  
 Springfield, PA

**Times:**

Pre Webinar: Pre-recorded, distributed by instructor

Hands on Lab with Patients -

Day 1

Jan 13, 2018 8:00 am - 5:30 pm EST

Day 2

Jan 14, 2018 8:30 am - 5:30 pm EST

Post Webinar: TBD

### Target Audience

Intermediate level class designed for PT, PTA, OT, OTA

### Instructional Ratio

10:2 Max enrollment 10

### Continuing Competence/Education Units

17 CEU PA

Assesment kit recommended to practice BBTW

**Participants will practice with the BalanceWear assessment device**

- » Adjustable vest
- » Rigid orthotic
- » Two ¼ pound weights
- » Five ½ pound weights
- » Manual marker
- » Tape measure



 **BalanceWear®**  
[www.BalanceWear.com](http://www.BalanceWear.com)

BalanceWear is indicated for individuals with mobility difficulties associated with loss of postural control/alignment and balance

## Seminar Outline

### Augmenting Sensory Input to the Torso for Directional Balance Control with Balance-Based Torso-Weighting (BBTW)

**Pre Webinar** - 2.5 hours

Pre-recorded and distributed by instructor.

- Introduction to Balance-Based Torso-Weighting: BBTW
- Review The Evidence
- Translate Research to Clinical Applications
- Identify Static Directional Loss
- Identify Reactive Control Loss
- Documentation of Loss of Balance

Watching the Webinar is mandatory and will allow attendee to gain maximum benefit from the live hands-on portion of the seminar. **Information on how to access the Webinar will be emailed to attendee after registration.**

### Hands On Lab with Patients

Day 1 – Jan 13 2018 8:00 am - 5:30 PM PST

Registration: 8:00 - 8:30

8:30 - 10:00 Lab Directional Balance Assessment

10:00 - 10:15 Break

10:15 - 11:30 Lab Targeting Sensory Input for Directional Balance Control

11:30 - 12:00 Lab Practice Sensory Versus Rigid LSO

12:00 - 12:45 Lunch Break

12:45 – 1:15 Sitting Perturbation and Strategic Weighting

1:15 – 2:30 Instructor Demonstration with Volunteer Patient

2:30 – 3:00 Measurement and Fitment

3:00 – 3:15 Break

3:15 – 4:45 Volunteer Patient Lab

4:45 - 5:30 Case Presentations

Day 2 – Jan 14 2018 8:30 am - 5:30 PM PST

8:30 - 9:00 Review and Questions from Day 1

9:00 – 10:30 Volunteer Patient Lab

10:30-10:45 Break

10:45-12:00 Volunteer Patient Lab

12:00 - 12:30 Case Presentations

12:30 - 1:15 Lunch Break

1:15 - 2:30 Volunteer Patient Lab

2:30 - 2:45 Break

2:45 - 4:00 Volunteer Patient Lab

4:00 - 4:30 Case Presentations

4:30 - 5:00 Demonstrate Technique on Instructor and Test

5:00 - 5:30 Questions and Answers

**Post Webinar** - 1 hour, Post-Webinar Clinical Case Review

TBD

Will also be recorded

## Registration Form

BBTW Seminar: Advance Physical and Aquatic Therapy

Name: \_\_\_\_\_  PT  OT

Identifying name of your group  
(if applicable) \_\_\_\_\_

Clinical Focus: \_\_\_\_\_

Phone No.: \_\_\_\_\_

Name of Institution, Company or Facility:  
\_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

### Send registration to:

Motion Therapeutics, Inc.  
1830 Eastman Avenue  
Oxnard, CA 93030

888.330.2289 Voice  
805.278.6609 Fax  
david@motiontherapeutics.com

### Admission: \$400.00

For more information about BalanceWear, visit [motiontherapeutics.com](http://motiontherapeutics.com)

Refund & Cancellation Policy: Motion Therapeutics, Inc. reserves the right to cancel or reschedule this seminar on one (1) week's advanced notice due to an insufficient number of registrants or other unforeseen circumstances. Under these circumstances, seminar fees will be returned in full to the registrant. Please note that Motion Therapeutics, Inc. is not responsible for any participant expenses other than a refund of the seminar fee. All participant cancellations must be received in writing 10 days before the first day of seminar for full refund. For cancellations received 10 days or less before the first seminar day, the seminar fee will be returned less a \$100 administrative fee.

### Cynthia Gibson-Horn PT,



a graduate of University of Wisconsin, developed BBTW in her clinical practice. She collaborated with several researchers to

complete three studies in Multiple Sclerosis, Parkinson's Disease, elderly, and ataxia. She has presented her work at several International, National, and Local meetings. She designed and patented strategic weighting products. She is active in private practice and works for Motion Therapeutics.

### Curry Durborow, PT, DPT,



is a graduate of the Drexel University Programs in Rehabilitation Sciences Physical Therapy Program. She received her BS in Kinesiology from Penn State University.

Curry has worked for 10 years as a full time physical therapist, first in inpatient rehab, and now in the outpatient department at Bryn Mawr Rehabilitation Hospital, in Malvern, PA. She specializes in the treatment of patients with neurologic and vestibular disorders, and is active in research involving BBTW. She is an adjunct Faculty member at Drexel University.