

DC4K Applied: The Challenge of Continence for Children with Challenges Schedule

DC4K Applied: Part One (approx. 45 min)

- 15 min: Course overview and introduction to “anticipatory and reactive core” components and relationship with continence, anatomy, the continence mechanism, terminology, prevalence in different populations, healthy expectations re: development of continence
- 15 min: Review of current continence training methods, adaptations for children with sensory modulation disorders, discussion of interoceptive awareness
- 15 min: Review issues impacting urinary continence: mechanisms of constipation and impact on urinary continence, sleep-disordered breathing, hydration, diet, medications

DC4K Applied: Part Two (approx. 1.5 hours)

- 15 min: Introduction to concepts of neuromotor teamwork interconnection between continence, motor skills and balance, and stability strategies in children with sensory and motor challenges
- 15 min: Discussion of rib cage/pelvis neutral range alignment and the impact on: recruitment order of anticipatory core muscle team, emotional arousal, and optimization of neuromotor relationships
- 15 min: Rib cage/pelvis alignment, association with breath mechanics, video observations of alignment intervention strategies in two pediatric clients
- 15 min: Definition and discussion and video demonstrations of concept of umbrella breathing, video demonstration of impact of alignment and breathing on motor skills and multiple sensory systems, mini case presentation
- 15 min: Implementation of intervention strategies in toileting habits with mini case presentation, resources for parents and therapists.
- 15 min: Case presentation to synthesize Pediatric PT role in continence training