

# REGISTRATION FORM

## Dynamic Core for Kids Part One

October 18 & 19, 2019. 8:30am-4:30pm  
Sandman Hotel, 32720 Simon Ave. Abbotsford.

### Contact Information

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

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

City: \_\_\_\_\_ Post Code: \_\_\_\_\_

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

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

Discipline: \_\_\_\_\_

Agency: \_\_\_\_\_

### Cost **Early Bird Deal!**

**\$550.00 until May 31st, 2019**

(After June 1, 2019 fee is \$650.00)

Fee includes break snacks and refreshments.  
Please make your own arrangements for lunch.

Payment: Cheques payable to FVDCDC or  
Call to arrange credit card

Registration will be confirmed by email when form  
and payment has been received.)

### Cancellation

A \$100 fee will be applied to cancellations received  
after September 15, 2019.



*Helping kids shine!*

### Registration Contact & Mailing Address:

**Nicole Misura**  
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Abbotsford, BC  
V2S 6A3

604-852-2686  
nmisura@fvcdc.org

[www.fvcdc.org](http://www.fvcdc.org)

**Limited Space  
REGISTER ASAP**

# DYNAMIC CORE FOR KIDS

## Part One: Treating Core Stability in Children with Challenges



**OCTOBER 18 & 19, 2019**  
**Sandman Hotel, Abbotsford**

Presented by

Shelley Mannell PT, C/NDT  
Julie Wiebe BSc, MPT

Hosted by



# DYNAMIC CORE FOR KIDS: PART ONE

## Treating Core Stability in Children with Challenges

Therapists document challenges with core stability in the majority of children who are experiencing motor challenges, regardless of diagnosis: Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), Developmental DCD, hypotonia.



Join us for an exciting 2-day course that integrates current theory and practice in pediatric treatment with a systems approach that is anchored in a neuromuscular model of core recruitment.

### Who Should Attend?

PTs OTs and SLPs working in early intervention and with school age children

**Day 1:** Clinicians will be introduced to an integrative model that uses diaphragm and breathing mechanics as an access point for core stability for children. This provides an attainable and accessible starting point to impact multiple systems that are intertwined with core stability: alignment, postural control, balance, sensory processing and emotional self-regulation as well as functional gross and fine motor skills. A specific assessment model of the alignment, which is crucial to the function of the core, is explained. Participants will also learn the practical skills addressing identification of the proper activation of each of the **deep core components (Diaphragm, TA, Pelvic Floor)**.

**Day 2:** Participants will learn to implement “Core Strategy” techniques in treatment and functional activities that have immediate application to a variety of clinical situations (direct treatment, school and home programs) in their clients, ages 2 years and older. Case presentations will address how to develop Core Strategy in clients of differing ages (preschoolers, 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.

## Presenters

**Shelley Mannell PT, C/NDT** serves babies, children and adolescents across a spectrum of neurological and developmental disabilities. She integrates a board spectrum of clinical skills and research to provide an understanding of movement across multiple domains. Shelley founded HeartSpace Physical Therapy for Children in order to support clients 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 yoga and mediation facilitator. Shelley teaches internationally, discussing the dynamic systems nature of the development of postural control and its application to assessment and intervention for children with sensory and motor challenges. [www.heatspacept.com](http://www.heatspacept.com)

**Julie Wiebe, PT, MPT, BSc** has over 18 years of clinical experience in sports medicine and women’s health. Her Los Angeles based private practice specializes in the return of women to fitness and sport after injury or pregnancy. She lectures internationally on pelvic floor and diaphragm integration into postural and neuromuscular control programming for orthopedic sports medicine, pediatric, neurological and women’s health populations. She writes about and advocates for awareness of these issues on her blog and through social media. [www.juliewiebept.com](http://www.juliewiebept.com)