

DIRECTIONS:**FROM ROUTE 18 (EAST & WEST) OR ROUTE 287 (NORTH & SOUTH)**

Route 18 or Route 287 to Route 1 North in Edison
 Continue on Route 1 to Parsonage Road Exit
 Cross Route 1 onto Parsonage Road
 Continue past Menlo Park Mall to 3rd traffic light
 Turn left into Roosevelt Park
 Continue approximately one city block to make 1st right onto Oak Drive, Grove 1 (A-B-C)
 Continue around the bend.
 Lakeview School is on the left, across from the lake.

FROM NEW JERSEY TURNPIKE

New Jersey Turnpike to Exit 10
 Follow signs to 287 North
 Continue approximately 1/2 mile on Route 287 North to the Route 1 North exit
 Follow directions as above.

GARDEN STATE PARKWAY TO EXIT 132

Bear right after exiting Parkway (Rahway/Metuchen/Iselin) to Route 27 South
 Travel approximately 2 miles on Route 27 to Parsonage Road (Dunkin Donuts on the right - 4th traffic light)
 Take left turn onto Parsonage Road
 After 2nd overpass, pass tennis courts and before traffic light, bear right and come to a stop sign.
 Turn right onto Roosevelt Drive
 Continue approximately one city block to make 1st right onto Oak Drive, Grove 1 (A-B-C)
 Continue around the bend.
 Lakeview School is on the left, across from the lake

GARDEN STATE PARKWAY SOUTH EXIT 130

Take exit and continue until the Menlo Park Mall exit
 Follow exit ramp to the traffic light on Parsonage Road
 Turn right onto Parsonage Road and continue to the 2nd traffic light. Turn left into Roosevelt Park
 Continue approximately one city block to make 1st right onto Oak Drive, Grove 1 (A-B-C)
 Continue around the bend.
 Lakeview School is on the left, across from the lake

FROM ROUTE 1 SOUTH

Follow directions for **GARDEN STATE PARKWAY SOUTH TO EXIT 130**

PARKING: Parking is available onsite inside the park along the lake. Please do not park in the school parking lot.

Questions:

Call Catherine Nicholas, PT, PTMA, C/NDT
 Coordinator Physical Therapy Dept.
 Phone: 732-549-5580 ext. 2401
 Fax: 732-494-6038
 Email: Catherine.Nicholas@NJID.org



Completion Requirements: In order to obtain CEU credits, participant must fully attend course.

This program has been submitted for 6 continuing education credits to the New Jersey State Board of Physical Therapy Examiners for Physical Therapists and Physical Therapy Assistants.

Handling Strategies for the child with Neuromuscular challenges for improved function and participation

CEU ONE DAY COURSE
 6 CEUs

Date: April 30, 2026

**Lakeview School/NJID
 New Jersey Institute for Disabilities**

10 Oak Drive ~ Roosevelt Park
 Edison, NJ 08837

Room: School Multi-Purpose Room

Registration/ information:
 Call: (732) 549-5580 ext. 2401 or
 Email: Catherine.Nicholas@NJID.org

COST: 150. SEATING IS LIMITED

Continental breakfast will be provided

REGISTRATION/PAYMENT
 NOT ACCEPTED DAY OF SEMINAR



WWW.NJID.org/events

Course Description

Overview:

Individuals with cerebral palsy and other neuromuscular disorders often use breath-holding as a means of finding stability in their effort to achieve functional skills. Integrating aspects of postural control and alignment during movement and functional tasks is essential in developing more efficient and effective movement. Learning and applying the NDTA™ Contemporary Practice Model in the assessment and treatment of children with neuromuscular challenges can more directly impact alignment of body segments and support dynamic postural activity, stability, and control during functional skills such as speaking, eating, ADLs, play, leisure, and walking. During this 1-day introductory level course, physical and occupational therapists and speech and language pathologists will learn how biomechanical alignment of the trunk and limbs impacts functional and participation of the child. Experiential lab allows for practicing on course participants to learn how to improve the child's function through addressing stability and mobility of the trunk for function and participation in school and life skills.

Authors/Speakers:

Jane Styer-Acevedo, PT, DPT, C/NDT

Target Audience:

This program is designed for Physical Therapists ♦ Physical Therapist Assistants Occupational Therapists ♦ Occupational Therapist Assistants

Objectives:

Participants will:

1. Label the components of the framework of the NDTA™ Contemporary Practice Model utilized during assessment and treatment of clients with neurological challenges.
2. Identify the biomechanical aspects of the ribcage, spine, head/neck, and shoulder girdle.
3. Identify treatment strategies practiced with lab partners that may be utilized to increase ribcage mobility, spinal and head/neck alignment, shoulder girdle stability, abdominal activity, and the balance of flexor/extensor synergies for improved functional skills.

Date TBD (6)

Course Schedule:

Date April 30, 2026

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| 8:00 | Registration |
| 8:30 | Framework of the NDTA™ Contemporary Practice Model |
| 9:30 | Importance of alignment, stability, and mobility of the ribcage, spine, and shoulder girdle. |
| 10:45 | Break |
| 11:00 | Experiential lab: Trunk & Ribcage mobility & Alignment |
| 12:30 | Lunch |
| 1:15 | Experiential lab: Treatment Strategies impacting trunk stability for function |
| 3:15 | Questions / Discussions |
| 3:30 | End of day |

TOTAL COURSE Contact Hours: 6

Cancellation Policy:

Activity Cancellation by the learner:

All cancellations must be in writing and postmarked or by dated email at least fourteen days prior to the beginning of the seminar to receive a full refund. NO REFUNDS will be made after that date.