
Learning Objectives

MedBridge

Interventions for Neurological Diagnoses: Mat Interventions

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Course Objectives

- Identify the rationale for working through rolling activities to facilitate and strengthen core musculature while facilitating movement patterns of the extremities
- Observe and apply treatment strategies in the clinical setting

Chapter 1: Rolling

- Detect deficits in rolling in patients with neurological diagnoses
- Describe different methods to facilitate the functional movement of rolling
- Identify techniques to facilitate and resist functional ways of rolling to improve patient's bed mobility

Chapter 2: Side Lying and Side Sitting Activities

- Explore options for transitioning patients to side lying and side sitting from various postural positions
- Demonstrate functional activities to develop strength and function in the trunk and upper extremities
- Apply methods to transition to other functional positions from side lying and side sitting

Chapter 3: Prone on Elbows, Quadruped, and Modified Plantigrade

- Facilitate multiple techniques for transitioning into prone on elbows, quadruped, and modified plantigrade
- Demonstrate methods of facilitation and resistance to promote functional movements in prone on elbows, quadruped, and modified plantigrade positions
- Explain multiple postures that can be accomplished in modified plantigrade

Chapter 4: Half Kneeling and Tall Kneeling

- Identify the importance of these high-level developmental postures in normal function
- Describe why half kneeling and tall kneeling are important components to normal gait and walking, as well as transitions in functional activities