Learning Objectives

MedBridge
Motor Control: Principles of CoreFirst® Strategies for Posture and Movement
Vicky Saliba Johnson, PT, FFFMT, FAAOMPT

Course Objectives:

- Demonstrate strategies for assessing sitting and standing posture using the Vertical Compression and Elbow Flexion Tests.
- Demonstrate training methods for teaching efficient sitting
- Demonstrates the use of the Elbow Flexion Test to identify the inefficiency of Kristin's presenting head and shoulder position, and the process for training and self-correction
- Demonstrate the assessment of inefficient weight acceptance, and training of efficient weight acceptance
- Demonstrates assessment of standing posture using the Saliba Postural Classification System

Chapter 1: Assessment

Vicky Johnson continues her work with Kristin in this live patient demo. Her focus is to assess the efficiency of Kristin's sitting and standing posture using the Vertical Compression and Elbow Flexion Tests.

Chapter 2: Treatment and Re-assessment: Postural Sitting

Vicky Johnson demonstrates the training methods for teaching efficient sitting and the reassesses the efficiency of the new position using the Elbow Flexion Test.

Chapter 3: Treatment and Re-assessment: Head and Shoulder Girdle

Vicky demonstrates the use of the Elbow Flexion Test to identify the inefficiency of Kristin's presenting head and shoulder position, the process for training and self-correction, and the reassessment to ensure the effectiveness of the new position.

Chapter 4: Treatment and Re-assessment: Active Sitting

Vicky demonstrates the assessment of inefficient weight acceptance, the self-reporting of symptoms by Kristin, the training of efficient weight acceptance, and the self-reporting of a reduction in symptoms by Kristin.

Chapter 5: Treatment and Re-assessment: Postural Standing

Vicky demonstrates the assessment of Kristin's standing posture using the Saliba Postural Classification System. Kristin is taken through the basic steps of standing postural training and then reassessed for confirmation of efficiency with the Vertical Compression and Elbow Flexion Tests.