

Trent Brown - A Stronger Core for Stronger Outcomes - Improving Function, Balance, & Mobility

Faculty:

Trent Brown

Duration:

5 Hours 41 Minutes

Format:

Audio and Video

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Description

WHICH OF OUR CLIENTS DOES THIS ADDRESS?

- Lack of functional mobility
- Poor gait
- Those in clinical, community, or home environments
- Dysfunctional posture
- Orthopedic, neurological, cardiovascular, or degenerative diagnoses

HOW CAN THEY BE HELPED?

- Dynamic and evidence-based core exercises and activities that address:
 - Sit-stand
 - Transfers
 - Functional mobility
 - ADL's
 - Transverse plane dynamic standing tasks

WHAT DO YOU TAKE HOME?

- Client-centered, progressive treatment plans that work
- Justification of skilled core treatment to all payer sources
- Evidence-based, creative strategies to use immediately
- Consistent functional outcomes

WHAT IS THE RESULT?

- Improved function
- Increased mobility

- Enhanced balance
- More independence

Handouts

Manual – A Stronger Core for Stronger Outcomes (9.5 MB)	74 Pages	Available after Purchase
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Outline

TRUE DEFINITION OF “CORE”

- Anatomy (core stabilizers and mobilizers) and kinesiology
- Current research/evidence
- Benefits of implementing in plan of care

CAUSES OF DYSFUNCTION IN PELVIS & CORE

- Contracture
- Injury
- Pain
- Aging

FUNCTIONAL CORE ACTIVITIES IN SAGITTAL PLANE

- Supine
- Sitting
 - Emphasis of anterior/posterior pelvic tilt
 - Dissemination of the superior/inferior trunk
- Standing
- Lab

FUNCTIONAL CORE ACTIVITIES IN FRONTAL PLANE

- Supine
 - Neural feedback
 - Lateral pelvic movement with ASIS and PSIS
- Sitting
- Standing
 - Single leg stance
 - Lateral LB loading
 - Glute med emphasis
 - Pre-gait/mobility
- Lab

FUNCTIONAL CORE ACTIVITIES IN TRANSVERSE PLANE

- Supine
- Sitting
 - Crossing midline
 - Pelvic rotation
 - Core stabilization for UE/LE function
- Standing
 - Postural control
 - Muscle memory
 - Functional movement patterns to emphasize proper positioning and Motor Control Learning Theory
- Lab

FUNCTIONAL BI- & TRI-PLANAR ACTIVITIES

- Utilizing PNF, pelvic/core dissemination, and dynamic reaching balance from low to high
- Lab

DOCUMENTATION & CASE STUDIES

- Core terminology in documentation (examples and ideas)
- Case studies
 - Orthopedic condition
 - Cardiovascular condition
 - Neurological condition

Faculty



Trent Brown, MOT, OTR/L, ATP, BCG Related seminars and products:
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Advanced Healthcare







TRENT BROWN, MOT, OTR/L, ATP, BCG, is a practicing therapist in Utah and is one of 36 credential holders of a board certification in gerontology (BCG) from the AOTA. Mr. Brown also holds a certification as an assistive technology professional (ATP) from RESNA. He completed his undergraduate and graduate work at the University of Utah where he is also an adjunct professor. He is employed by the Department of Health (UDOH) to develop, implement, and operate healthcare quality improvement programs and has authored multiple laws to legislate improved patient care. Mr. Brown also reviews clinical documentation for UDOH as an expert witness in reviewing cases. Mr. Brown has over 15 years of clinical experience in skilled nursing, transitional care, acute, and home health. Recently, he served as the VP for the UOTA where he co-authored SB 131 advancing OT practice in the state of Utah and has received multiple awards for his clinical, academic, and legislative work. Through his expertise in advocating for therapy services authoring law and rule he has evolved into an expert presenter on ethical and legal issues facing therapy. Mr. Brown has provided courses for thousands of clinicians throughout the country in conferences, private settings, and specialty conferences. Mr. Brown is a master clinician and lecturer on a myriad of topics including joint arthroplasty, core strengthening, documentation, aging, functional mobility, ethics, and fall reduction. He has also been a keynote speaker at multiple events throughout the country.

Speaker Disclosures:

Financial: Trent Brown is an adjunct professor at the University of Utah. He receives a speaking honorarium from PESI, Inc.

Non-financial: Trent Brown is a credential holder of a board certification in gerontology (BCG) from the AOTA

Proof Content

	Handouts	 	9.5 MB
	1. A Stronger Core for Stronger Outcomes - Improving Function,mp4	 	2.3 GB