The Role of Ocular Motor Skills in Balance

@ Birkdale Neuro Rehab Centre

Saturday 1st October 2016

SYNOPSIS

Due to popular demand, we are presenting this practical one day training on balance and eye movement. Farshideh is very interested in the integrating the role of sensory modalities in daily life. Farshidehs aim, in this one day practical training, is to help practitioners to improve their understanding of ocular motor skills, direction of movements, spatial awareness and balance.

Most neurological clients with abnormal head posture, sensory and proprioceptive deficits do not have normal afferent feedback. This results in flexed and tilted head posture which does have an effect on vestibular system. The vestibular system has many interneuron connection with cerebellum as well as basal ganglion. The visual system gives information regarding the environment we are in ie spatial orientation, the visual system has many connection with parietal cortex which also enables decision making and planning how to go about in any environment. Following the masterclass in May 2016 we will continue using FES to improve balance.

LEARNNING OUT COME

By the end of this one day course you will learn:

a- To use eye movement in balance
b- Each movement works in conjunction to balance
c- Circuit of posterior parietal cortex operate
d- The vestibular works and it is connection to eyes
e- Cerebellum and vestibular, basal ganglia and parietal cortex work in relation to movement
f- Movements influence head and eye posture
g- Head and trunk and pelvis alignment
h- The interneuron connection of the whole system
i- Adjuncts to facilitate balance

Ocular motor skills are key to rehabilitation specifically in balance reaction, movements and communication

The above skills will be practiced in the following exercises:

- Supine lying and afferent feed back
- Proprioceptive awareness of trunk and pelvis control in different postural sets (lying, sitting, standing and gait)
- Postural adjustment integrating upper and lower limb activities
- The role of vestibular and eyes in gait training

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Neuro Rehabilitation Centre

Farshideh Bondarenko is NHS trained and qualified (1977), she has worked in many centres of neurological excellence, including The National Hospital for Neurology, Great Ormond Street Hospital and Cheyne Hospital.

In 1987, she set up The Birkdale Clinic, responding to the demand – which the NHS cannot afford to fulfil – for more long term, consistent, intervention to improve a client's quality of life. Farshideh studied, and continue to, a broad range of physical therapy approaches, including Bobath, Peto, Carr and Shiatsu with many of the leading exponents of these disciplines. She has developed an effective and innovative approach to complex neurological presentations in both the adult and paediatric populations that may be tailored to each individual. Her area of special interest lies with children and young adults. She has extensive experience of most childhood conditions and their integration with family life over long time periods. Farshideh is a member of the Chartered Society of Physiotherapy (MCSP) and of the Organisation of Chartered Physiotherapists in Private Practice (OCPPP) and the Association of Chartered Physiotherapists in Neurology (ACPIN).

Fee:	**£80**
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