

Course Description:

This course will focus on the orthopedic application of the IM, specifically for the dancer and the many disciplines now available that enjoy the art of dance, at any age and activity level. The IM has primarily been used for neurologically impaired or special needs individuals, but applying it to the orthopedic “normal” has been quite a success in my practice, and in this population the learning curve for skill acquisition has been dramatically reduced, motor patterning has improved, and elements such as musicality, coordination, motivation, and goal setting for the athlete have been improved. Music “is the gateway to the soul” and brings out the best in patients.

All of the spinal positions necessary for pelvic control in the dancer will be addressed as well as functional custom exercises for each individual which will be based on their specific activity. A physical therapy evaluation and assessment of pelvic control with the IM will determine the progression of patient tasks, based on muscular imbalances found.

Target Audience:

- Occupational Therapist
- Certified Occupational Therapy Asst
- Physical Therapist
- Physical Therapy Asst
- Athletic Trainer
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist

Learning Outcomes:

Upon completion of this course, participants will be able to:

- Explain the role of spinal stabilization in the many disciplines of dance;
- Name the 3 spinal positions needed for pelvic control, set up an appropriate IM task, and describe these transitions required to obtain proper dance posture;
- Demonstrate motivation to use the IM “out of the box” for existing patients by incorporating the art of dance into patient care;
- Name at least 3 of the many disciplines of dance and recognize that any IM patient at any age can enjoy dancing.

***Note: This course covers information that pertains to licensed therapists and therapy assistants. COTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.**

Instructor:

Donna Flowers comes from a skating family, competed as an amateur, toured professionally with Ice Follies, and coached. She is a Physical Therapist and Certified Athletic Trainer with degrees from UC Berkeley and UC San Francisco. Donna has supported US Figure Skating as a PT/ATC at numerous National and International events since 1987, including the 1998 Nagano and 2002 Salt Lake City Olympic Games. Donna has designed conditioning and flexibility programs for elite amateur and professional baseball, basketball, football, hockey, dance, gymnastics, and figure skating athletes for over 22 years. She works at BaySport Physical Therapy in Los Gatos and SharksIce in San Jose where she utilizes a variety of approaches, including Pilates apparatus, Interactive Metronome, and manual therapy. Donna lives with husband Mark, twins Jessica and Nicole, and their 3 cats in Los Gatos, CA.

Disclosures:

Instructor Financial Disclosure(s): Donna received an honorarium for the development and presentation of this course from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored. Donna does not sell or receive compensation for the sale of Interactive Metronome products.

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Agenda (60 minutes):

- Speaker introduction & disclosure
- Dance, ballet and core strength
- Rehabilitation and IM
- IM with Dancers & Athletes
- How Much Flexibility is Enough?
- How Much Strength is Enough?
- Core Strength
- Pelvic Control
- Pelvic Tilt
- Custom & Sport-Specific IM Exercises

Instructional Methods:

LECTURE, PPT, PHOTOS, VIDEOS

CEUs:

This course is not offered for CEUs.