

## **WORKSHOP „Posture in people in wheelchairs – prevention, symptoms, causes, diagnosis and treatment”**

Józef Piłsudski University of Physical Education in Warsaw, Faculty of Rehabilitation, Poland, 9-11.02.2015

Wheelchair users spend more than 10 hours a day in a sitting position. Incorrect sitting posture can cause secondary deformity of the spine and hip joints or provoke pain. On the other hand, the ability to move into the correct sitting position and maintain proper, physiological setting of the body is the basis for the majority of activities in daily life (reaching and moving objects, eating, drinking, paperwork, moving in the wheelchair).

People moving in a wheelchair have different diagnosis: spinal cord injury, brain injury, stroke, cerebral palsy, neuromuscular and congenital diseases. Each of these diseases is characterized by different clinical symptoms and require specific treatment, including physiotherapy.

The aim of the workshop is to present the most common postural disorders in wheelchair persons and discuss their impact on the functioning in everyday life. The main clinical symptoms in different diseases and the factors affecting the ability to maintain a sitting position in wheelchair users will be also discussed. Workshop participants will have the opportunity to learn the basic techniques and exercises aimed at improving the setting of the body in a sitting position and muscles chains stimulation. All theoretical and practical sessions will allow to improve the quality of life and independence of individuals in wheelchairs.

### **WORKSHOP CONTENT**

- > Selected diseases and diagnosis in wheelchair users / Theoretical Session 2h.
- > Analysis of a normal sitting position / Practical Session 1h.
- > Analysis of muscle function and activity level in the sitting position dependent on diagnosis / Theoretical Session 2h.
- > Treatment demonstration (physiotherapy) - stimulation of muscle function and activity in the wheelchair user / Practical Session 1,5 h.
- > Spinal deformities / Theoretical Session 1,5 h.
- > Correction techniques of the spine in the sagittal plane / Practical Session 2h.
- > Correction techniques of the spine in the frontal plane / Practical Session 2h.
- > Correction techniques of the spine in the transverse plane / Practical Session 2h.
- > Advanced correction techniques of the spine and muscle training in different positions / Practical Session 1,5h.

- > Exercises with wheelchairs users (participants) / Practical Session 3h (2 x 1,5 h).
- > Breathing stimulation / Theoretical Session 1h.
- > Breathing stimulation / Practical Sessions 1h.
- > Assessment and correction techniques of hip joints / Practical Session 1,5 h.
- > Cases analysis / Practical Session 2 h.

## WORKSHOP TUTORS

### Agnieszka Stępień



Agnieszka Stępień, PhD, PT is a lecturer at the Faculty of Rehabilitation, Department of Rehabilitation, Józef Piłsudski University of Physical Education in Warsaw, Poland. She completed postgraduate study in the field of neurorehabilitation of children and training in a few concepts of physiotherapy. She is Advanced Instructor of International PNF Association (IPNFA) teaching many courses in post graduated training for physiotherapists and doctors in Poland and other countries. Member of Polish Physiotherapy Association (SFP), IPNFA Poland Association, International PNF Association (IPNFA), Society on Scoliosis Orthopaedic and Rehabilitation Treatment (SOSORT). She attended many national and international congresses with presentations in the field of physiotherapy, especially spine deformities and neurological diseases. She is working also as physiotherapist in Clinic of Rehabilitation for children in coma and in the private practice with clients with different diagnosis including wheelchairs users. She cooperates with patients organizations to create standards for physiotherapy in different diseases.

### Marta Sidaway



Marta Sidaway PhD, PT is an assistant at the faculty of Rehabilitation (Department of Physiotherapy) in Józef Piłsudski University of Physical Education in Warsaw. She also works as a physiotherapist in the department of Neurology, the Second Clinic of Neurology in Warsaw Institute of Psychiatry and Neurology. She teaches students of Clinical Bases of Physiotherapy and General Physiotherapy. She completed a number of postgraduate training and courses: NDT-Bobath, neuromobilization, McKenzie, cranio-sacral therapy, and manual therapy (IAOM). She is an internationally certified therapist of PNF concept and SI. Her interests are broad but experience focused especially around patients with neurological problems including post stroke, MS, brain and spinal injuries, diseases of the peripheral nervous system. She is a member of Polish Physiotherapy Association (SFP). She participates in national and international conferences and has published articles in both Polish and international journals.

## WORKSHOP ORGANIZATION

**Workshop Coordinator:** Agnieszka Stępień, PhD, PT

**Dates:** 9 - 11 February 2015 (travel days for Icelandic students 8<sup>th</sup> and 12<sup>th</sup> of February 2015)

**Location:** Józef Piłsudski University of Physical Education in Warsaw, Faculty of Rehabilitation, Poland [www.awf.edu.pl](http://www.awf.edu.pl)

**Language:** English

**Certificates:** all participants attending workshop sessions will get certificates

**Academic credits:** interested students after completing the evaluation test will be awarded 2 ECTS points

**Fees:** workshop will be free of charge. Additionally for Icelandic students all costs connected with accommodation, travel and alimentation will be covered by project budget

## REGISTRATION

The workshop is target at physiotherapy and physical education students or professionals who have an influence on the health and physical condition of people in wheelchairs.

A maximum 4 students from University of Iceland and 10 students from AWF Warsaw will be admitted to the course. Candidates are required to send by e-mail ([info@apafss.eu](mailto:info@apafss.eu)) to the Project Office:

- > signed CV Europass in English (<http://europass.cedefop.europa.eu/en/home>) with the following obligatory fields: personal information with e-mail address and personal skills / other languages / English
- > signed consent for personal data use (<http://apafss.eu/en/workshop/workshop-2/>)

The final selection is made at the home university and will be announced on project website [www.apafss.eu/en/workshop/workshop-2/](http://www.apafss.eu/en/workshop/workshop-2/).

## PARTICIPANT PREPARATION

After final selection participants will get reading assignments connected with the content of the of the workshop.