

## WORKSHOP 2 SCHEDULE

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

#### 8th of February, Sunday

- 16.55 Arrival of workshop participants from Iceland
- 20.00 Dinner for workshop participants from Iceland in *Hotel Meksyk*

#### 9th of February, Monday

- 7.00 – 7.45 Breakfast for workshop participants from Iceland in *Hotel Meksyk*
- 8.00 – 8.30 Workshop Opening /classroom 58/59 in the Faculty of Rehabilitation Building/
- 8.30 – 10.00 Selected diseases and diagnosis in wheelchair users /classroom 58/ 59 in the Faculty of Rehabilitation Building /
- 10.00 – 10.30 Coffee Break /classroom 59/
- 10.30 – 13.00 Selected diseases and diagnosis in wheelchair users - continuation. Analysis of a normal sitting position. Analysis of muscle function and activity level in the sitting position dependent on diagnosis /classroom 58/ 59 in the Faculty of Rehabilitation Building /
- 13.00 – 14.00 Lunch /Club Relax/
- 14.30 – 16.30 Analysis of muscle function and activity level in the sitting position dependent on diagnosis - continuation /classroom 58/ 59 in the Faculty of Rehabilitation Building /
- 16.30 – 17.00 Coffee Break /classroom 59/
- 17.00 – 19.00 Physiotherapy demonstration - stimulation of muscle function and activity in the wheelchair user /classroom 58/ 59 in the Faculty of Rehabilitation Building /
- 20.00 Dinner for workshop participants from Iceland in *Hotel Meksyk*

#### 10th of February, Thursday

- 7.00 – 7.45 Breakfast for workshop participants from Iceland in *Hotel Meksyk*
- 8.00 – 10.00 Spinal deformities /classroom 58/ 59 in the Faculty of Rehabilitation Building /

10.00 – 10.30	Coffee Break /classroom 59/
10.30 – 13.00	Correction techniques of the spine in the sagittal plane and frontal plane /classroom 58/ 59 in the Faculty of Rehabilitation Building/
13.00 – 14.00	Lunch /Club Relax/
14.30 – 16.30	Correction techniques of the spine in the transverse plane. Advanced correction techniques of the spine and muscle training in different positions /classroom 58/ 59 in the Faculty of Rehabilitation Building /
16.30 – 17.00	Coffee Break/classroom 59/
17.00 – 19.00	Exercises with wheelchairs users (participants)
20.00	Dinner for workshop participants from Iceland in <i>Hotel Meksyk</i>

### **11th of February, Wednesday**

7.00 – 7.45	Breakfast for workshop participants from Iceland in <i>Hotel Meksyk</i>
8.00 – 10.00	Breathing stimulation /classroom 58/ 59 in the Faculty of Rehabilitation Building /
10.00 – 10.30	Coffee Break /classroom 59/
11.00 – 13.00	Assessment and correction techniques of hip joints /classroom 58/ 59 in the Faculty of Rehabilitation Building /
13.00 – 14.00	Lunch /Club Relax/
14.00 – 16.00	Cases analysis /classroom 58/ 59 in the Faculty of Rehabilitation Building/
16.00 – 16.30	Coffee Break /classroom 59/
16.30 – 18.30	Exercises with wheelchairs users (participants)
18.45	Exam /classroom 58/ 59 in the Faculty of Rehabilitation Building/
20.00	Dinner for workshop participants /Club Relax/