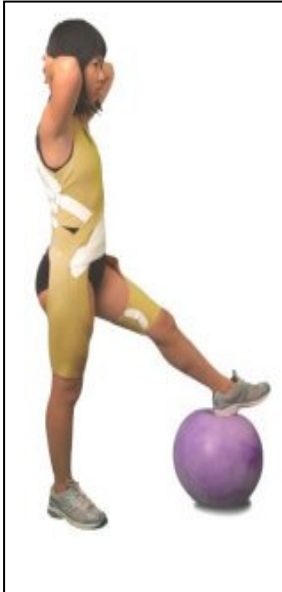


# TherATOGS PRINCIPLES & APPLICATIONS

## LEVEL I WORKSHOP · ONE-DAY

BECOME A CERTIFIED THERATOGS FITTER – LEVEL -1

### PROGRAM OVERVIEW



Learn the scientific principles supporting the use of TheraTogs and gain confidence in applying this exciting modality effectively!

TheraTogs are a customizable, carry-over modality, worn under clothing and material is suitable for Singapore climate, so your clients can live in and practice the successes you see in postural correction during therapy sessions, all day long.

TheraTogs orthotic systems are essential to PT's, OT's, and speech pathologists who work with infants and children with developmental disabilities associated with prematurity, hypotonia, Autism spectrum disorders, and traumatic brain injury.

This one-day workshop focuses on gaining understanding of the rationale, and on building skill and confidence in the application of the TheraTogs ULTRA Posture & Torso Alignment (PTA) System – the perfect 'starter system' for your clients!

With the PTA you can address:

Kyphosis / Lordosis

Excess or diminished pelvic tilt

Hypotonia /Body awareness deficits

Shoulder protraction /Scapular instability & winging

### PROGRAM OBJECTIVE

*“Learn to use Therapy You Wear for Neuromotor Retraining for Postural Alignment & Control— with Hands-on Experience!”*

Course objectives include the following

- Explain skeletal modelling mechanisms and physiology adaptation to use history.
- Relate somatosensory system development to postural control acquisition.
- Relate postural control acquisition to limb use for function.
- Discuss the sequential acquisition of core antigravity muscle function, muscle balance, and the influence of body weight distribution on muscle recruitment.
- Name the principles of motor learning as they relate to CNS maturation, interest in environment, opportunity, practice, and cortical mapping.
- Demonstrate competence in donning TheraTogs Hipster and Tank Top to optimize effectiveness.
- Strapping applications for improving postural alignment.



## SPEAKER'S PROFILE



ANN ZARUBAIKO STURGILL, MS, and MEng: is the Director of Clinical Research and the Clinical Support Manager for TheraTogs. She is a chemist, biomedical engineer and kinesiotherapist with over fifteen years' experience with neuromotor therapy and clinical evidence based research in adult and paediatric neuromotor dysfunction. Ann has completed advanced training in neuromechanics in human movement and biomedical MEMs technology for measuring atypical human movement. Ms. Sturgill is a Certified TheraTogs Trainer, a Certified TheraTogs Fitter and a university Instructor that teaches anatomy and physiology, biomedical engineering principles for measuring human movement and neuromechanics of human movement.

## PROGRAM OUTLINE:

### Foundations in the Sciences

- Skeletal Modeling Mechanisms
- The Somatosensory System & Postural Control
- Muscle Balance Theory Applied to Motor Development, Movement Strategies, and Adaptation
- Review of Postural Assessment Procedures
- Videotaped case presentation – TheraTogs at work!

**Hands-on Practice (2+ hours)** – Lab teams of three participants practice and demonstrate

- Proficiency in the essential Posture & Torso Alignment applications:
- Donning garment systems to proper fit
- Reduce Flexible Kyphosis
- Shorten and Assist the Abdominal Muscles
- Improve Upper Trunk Extension with Shoulder Retraction
- Optimize Pelvic Tilt

## PROGRAM DETAILS:

**Date:** 17<sup>th</sup> Aug 2013 Saturday 9am - 5 pm  
**(Registration starts 8.30 am)**

Tea/Lunch provided

**Duration:** 1day

**Venue:** Physio Asia Therapy Centre

**Course Fees:** SGD 300

**Early bird fee(before 31<sup>st</sup> Jul) :** SGD 280

**Payment:** Made in favour of  
"Physio Asia Therapy Centre Pte Ltd"

**Address:** 360, Orchard Road #05-02  
International Building, Singapore 238869

### Contact details:

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**Last date of registration:** 5th Aug. 2013

