



**ISPO Short Course on the Management of Cerebral Palsy  
7<sup>th</sup> – 10<sup>th</sup> November 2016 Kathmandu – Nepal**

**Day 1 Monday 7<sup>th</sup> of November 2016**

<b>Time</b>	<b>Training outline</b>	<b>Speaker</b>	<b>Time</b>
08:30	Registration	HI	30 min
09:00	Introduction of participants	HI	20 min
09:20	Welcome	HI	15 min
09:35	Opening ceremony	Director/ISPO/ POS Nepal/NEPTA/ANOT	10 min
09:45	The organisation of paediatric rehabilitation in Nepal		30 min
10:15	Introduction to ISPO and goal of the course	Jbe	10 min
10:25	Cerebral Palsy: diagnosis and description	Jbe	30 min
10:55	<b>Tea/Coffee break</b>		15 Minutes
11:10	The ICF model as a concept for treatment	ES	20 min
11:30	Classification of muscle impairment.	Jbe	30 min
12:00	Classification on activity level:	EBO,ES,JG	60 min
01:00	Gross Motor Function Classification System, MACS, CFCS	3x 20	
<b>01.00</b>	<b>Lunch</b>		
02:00	Prognosis for ambulation: GMFCS growth curves, relation with MACS and CFCS and developmental growth curves	3x15 EBO,ES,JG	45 min
02:45	Description of normal gait	Jbe	30 min
03:15	Classification of abnormal gait	Jbe	30 min
03:45	<b>Tea/Coffee break</b>		15 Minutes
04:00	Design of an Ankle Foot Orthosis: 3-pps and grf	Pdg	30 min
04:30	Principles of foot correction	Pdg	20 min
04:50	Making and correction of a cast of plaster	Oh	20 min
05:10	Questions, Discussion, evaluation		

<b>Day 2 Tuesday 8<sup>th</sup> of November 2016</b>	<b>Speaker</b>	<b>Time</b>



09:00	Physical Examination of a CP child In relation to AFO prescription	EB	30 min
09:30	Physical Examination of a CP child In relation to sitting	ES	30 min
10:00	Physical Examination of a CP child In relation to eating	JG	30 min
10:30	Serial casting	Jbe	20 min
10:50	Questions, discussion		10 min
<b>11:00</b>	<b>Tea/Coffee Break</b>		<b>15 min</b>
11:15	Tuning of a shoe – AFO combination	Jbe	30 min
11:45	Spasticity management to improve walking ability, course of time	Jbe	30 min
<b>12.15</b>	<b>Lunch</b>		
02:00	Hip guidance	Jbe	30 min
02:30	Goal orientated therapy	3x EB, ES, JG 30	90 min
<b>04:00</b>	<b>Tea/Coffee Break</b>		<b>15 min</b>
04:15	Patient and family instruction about use of an AFO	Ebo	20 min
04:35	Evaluation		
	Closure of the theoretical part		



**Part 2: Practical Sessions**

<b>Wednesday 9<sup>th</sup> of November 2016</b>			
<b>Group 1: Doctors/Therapists</b>		<b>Group 2: Prosthetists/Orthotists</b>	
09.00 Morning Session	Group Session: Selection of children for orthotic treatment		
<b>10.45</b>	<b>Tea/Coffee break</b>		
	PT / MD	OT/Speech therapists	Orthotists
11.15	Practising asking the needs		Casting
<b>13.00</b>	<b>Lunch</b>		
	PT / MD	OT/Speech therapists	Orthotists
14.00 Afternoon Session	Needs/problems of the child and family, level of functioning according to the ICF	Needs/problems of the child and family, level of functioning according to the ICF	Preparing a model of cast
<b>15.00</b>	<b>Tea/Coffee break</b>		
15.15	Observation of mobility, making a plan for physical examination	Observation of mobility, making a plan for physical examination	Lectures: Foot correction, gait patterns, tuning an AFO



Day 4	Thursday 10 <sup>th</sup> of November 2016		Group 2: Prosthetists/Orthotists
	Group 1: Doctors/Therapists		
	PT / MD	OT/Speech therapists	
09.00 Morning Session	Assessment of gross motor function	Assessment of gross motor function	Rectification/Fabrication
<b>10.00</b>	<b>Tea/Coffee</b>		
	Physical examination	Physical examination	
<b>13.00</b>	<b>Lunch</b>		
14.00 Afternoon Session	Observation of gait pattern Making a plan for treatment	Making a plan for treatment	Fitting
14.30	<ul style="list-style-type: none"> <li>○ Group Session:</li> <li>○ Presentation of the children with and without their Orthosis</li> <li>○ Presentation of the children for sitting and eating</li> </ul>		
<b>15.30</b>	<b>Tea/Coffee break</b>		
17.00	<ul style="list-style-type: none"> <li>○ Evaluation, certificates and closure</li> </ul>		
17:30	<ul style="list-style-type: none"> <li>○ Remarks /Vote of thanks</li> </ul>		