



Presents...

## Total Motion Release, TMR TOTS Level I: Focus on the Pediatric Patient

• **MAY 12-13, 2023: CLEVELAND, OH • LIMITED SPOTS**

Presented By Susan Blum, PT, TMRc

16 CE Hours (Meets OH PT Board Requirements, CA PT ASSOCIATION, NCBTMB, AOTA, STATE APTA CHAPTERS)

### CONFERENCE DESCRIPTION

TMR uses the ICF model and follows an 8 step process to identify limitations in mobility and their connection with functional outcomes which match caregiver concerns. Range of motion and/or control improves using indirect techniques by understanding the relationship between a hypo mobile area in one area creating hyper mobility elsewhere. When postural symmetry improves the patient can better access control. Caregivers are instructed in family friendly therapeutic play and position activities to incorporate into daily routines. Therapeutic positions are in the direction of ease which is well received by patients as it is a pain free concept. Functional outcomes are rechecked post treatment.

Total Motion Release-Level 1 will provide extensive lab time for the therapist to learn the foundational TMR concepts, a systematic process to identify restriction in mobility, the single plane exercises, combos and alternative positions. The student will also be introduced to increasing range of motion with a pain free method, strengthening, postural control, transitions, weight shifting, pre-gait and gait training.

*A unique feature of the Tots course is individualized post course coaching and support for the attendees. Post-course coaching by phone and email helps therapists master the TMR concepts and is included in the price of the course.*

### LEARNING OBJECTIVES

After 16 hours of face-to-face instruction, plus post-course support, participants will be able to:

- Assess areas of restricted mobility and weakness
- Make quick, clear assessments of right-sided and left-sided strength and mobility
- Log quantitative results from session to session and from beginning to end of session
- Identify the priority of what to treat in a session
- Know how to progress in a treatment session
- Use TMR to improve flexibility, strength and function
- Integrate TMR and present tools of therapy, such as NDT or strength training
- Develop home programs for family-friendly training

### Dates & Location:

**May 12-13, 2023**

**Location : United Cerebral Palsy of Greater Cleveland,**

**Alternative Education Campus**

**1200 Resource Drive, Brooklyn Heights, OH 44131**

**Timings : 8 AM – 5.30 PM PT**

**Seminar Type : Live Course      CE Hours – 16 CE Hours**

### CONTACT INFO:

Carrie Brown

Phone: 216-791-8363, ext 1451

Email: [cbrown@ucpcleveland.org](mailto:cbrown@ucpcleveland.org)



### About the Instructor:

Susan Blum obtained her Bachelor's degree in Physical Therapy in 1975. She is the owner of Susan Blum Pediatric Physical Therapy, a private practice specializing in treatment of children in natural environments. Susan provides PT services in the York, Pennsylvania area both in Early Intervention and private consultation. In addition to using traditional pediatric strategies, Susan employs the step by step TMR approach, and is able to create more effective care plans. Earlier in her 40 year career Susan had extensive experience treating adults with neurological, orthopedic and women's health disorders using a variety treatment techniques which she has incorporated in her approach with children. She has adapted TMR for the pediatric population and has witnessed a dramatic improvement in the functional outcomes of her patients. Her practice includes patients with a wide variety of pediatric issues including cerebral palsy, orthopedic issues, gait asymmetries, torticollis, developmental delays and other neuro-motor disorders. All have benefited from TMR and exceeded former expectations.

### TARGET AUDIENCE

This training is specially designed for PT, OT, PTA and COTA, LMT professionals working in Early Intervention, School-based Programs, Pediatric Sports Medicine, and Rehabilitation Programs.

## Course Schedule:

### Day 1

7:30-8:00 AM  
8:00-9:30

**Sign-In & Continental Breakfast**  
**Morning Program: Learning the TMR System**  
-TMR Program Overview -How the Process Works  
-Treatment Demonstration - Single Plane

9:30-9:45  
9:45-12:00

**Break**  
-System of Assessment: the Process of Identifying  
& Ranking Issues, Testing, The Feedback Loop  
**Lunch**

12:00-1:00  
1:00-3:15

**Afternoon Program: Applying the Method**  
-Patient Demonstration -ADLS & Therapeutic  
Positioning to Incorporate into Daily Routines  
-Assessment Lab & Practice  
-Case Examples & Videos -Children w/CP &  
Hypotonia

3:15-3:30  
3:30-5:30

**Break**  
-Lab: Practice the Concept on Self & Dolls  
-Problem-Solving & Discussion:

5:30

**Adjourn**

### Day 2

7:30-8:00 AM  
8:00-9:30

**Sign-In & Continental Breakfast**  
**Morning Program: Applying the Method**  
-Review of Basics—Progressing from  
Assisted to Active  
-Torticollis & Lower Tort—The Equal  
Opposite Action  
-Contralateral Lengthening Lab: Assessment  
& Treatment Practice in Small Groups **Break**

9:30-9:45  
9:45-12:00

-Review Patient Demo Video—Proficiency in  
Documentation  
-Beyond Symmetry—Progression to Motor  
Control

12:00-1:00  
1:00-3:30

**Lunch**  
**Afternoon Program: Introduction to Advanced  
Techniques**

-Treatment Progression: Know When to  
Continue Treating  
-Lab: Optional Positions—Practice Modified

Techniques & Optional Motions

-Home Exercise Programs  
-Complex Cases: Children with SMA, Gait  
Asymmetries, Spina-Bifida & Shaken Baby  
Syndrome

3:30-3:45

**Break**

3:45-5:30

-Introduction to the TMR 2 Concepts—  
Building Blocks for Motor Control  
-Task Analysis System Selection of Motor  
Activities Based on Objective Data  
-Adolescents & Complex Cases  
Caregiver Empowerment  
-Evidence—Discussion  
-Q&As

5:30

**Adjourn**

## REGISTRATION :

**INTRO TOTS-1 ONLY PACKAGE: \$475**

**\* Package includes free retake of the course**

**Included FREE in your registration is 4 week access to a fully recorded Level 1 class. This is a recently held 16 hour class, recorded and edited into hour segments.**

**FREE coaching is included in your registration. With Zoom or Facetime we provide 1:1 coaching. Need with a patient? You can get coaching during a treatment session if you wish.**

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Register by e-mail to [cbrown@ucpcleveland.org](mailto:cbrown@ucpcleveland.org)

Include your name, address, discipline and how you will be paying for the course (credit card or check) and any dietary restrictions.

See [www.ucpcleveland.org](http://www.ucpcleveland.org) and [www.leafbridge.org](http://www.leafbridge.org) for more information about UCP of Greater Cleveland

## CONTINUING EDUCATION APPROVALS :

**State PT Boards & PT Associations  
For Details – visit our website link -**

<https://tmrtots.com/ce-approvals>

**Approved By: TX PT Association & Ohio PT Association**

**Meets CA PT Board Requirements**

**CE BROKER COURSE # : 20-587809**

**CA PT Association Approval # CPTA #22-608**



**For OT/OTA – We are an approved**

**AOTA Provider**

**AOTA Provider # 6471**

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**FSBPT-Procert Certified**

**For Massage Therapists**

**NCBTMB Approved**

**Provider # 1241**

*This course is the heart of the PT body, pumping vital knowledge that is improving the lives of our kiddos. This course is a MUST for the future benefit of all children requiring any therapy.*

*- Letitia Borelli DPT*

*This is a must attend course. Every PT & OT needs this information so they can modify their treatment plans and techniques. You will wish you took this course years ago. Don't wait!*

*- Mark Michalski PT*

*I really like the info & I am ready & excited to use it! I learned way more treatment techniques than any other cont. ed. course I've ever taken.*

*- Melody Kentrus PT*

## OTHER INFORMATION ABOUT TMR TOTS

For any other information or questions:

Visit the website -<https://tmrseminars.com/tmrtots/>

Or : Call us at: 717-309-1354 or by email at [tmrtots@gmail.com](mailto:tmrtots@gmail.com)