



## Programma

Cursus 'Zitanalyse en (rol)stoelaanpassingen' nr. 1800061

Hotel de Bilderberg te Oosterbeek

Revalidatiecentrum 'Groot Klimmendaal' te Arnhem

Docent: Bengt Engström, fysiotherapeut (Stockholm/Zweden)

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### **Donderdag 27 september 2018**

#### *Day 1: Principles - seating & mobility*

09.30 uur     Registration/coffee and tea

#### *Ergonomics - sitting postures & motion analysis*

10.00 uur     Introduction course

10.15 uur     Practical biomechanics - Analysis of sitting postures

11.30 uur     Coffee and tea

11.45 uur     Continuation; analysis sitting postures

13.00 uur     Lunch

14.00 uur     Active and inactive sitting - compensations - principles

- Pressure - stability vs. stress
- Activity - static and dynamic seating
- Design - influence on the body

15.30 uur     Coffee and tea

15.45 uur     Discussion, slide presentation of real fittings

17.00 uur     Diner

#### *Ergonomics & Wheelchair mobility*

18.15 uur     The propel unit principles: theory and practical implications

- Mobility Postures: compensations and adjustments
- Mobility by using the arms
- Mobility by using the legs

19.30 uur     Coffee and tea

19.45 uur     Vervolg: the propel unit principles

21.00 uur     End of the day

## Vrijdag 28 september 2018

*Setting up wheelchairs for 'case'-clients (in smaller groups)*

- 09.00 uur     Coffee and tea
- 09.30 uur     Foot and Arm propulsion
- Hemiplegia
  - Paraplegia
  - Quadriplegia
  - Multiple Sclerosis
  - Elderly
  - The kyphotic spine
- 10.30 uur     Coffee and tea
- 10.45 uur     Evaluation & discussion
- 12.00 uur     Lunch and **transer to rehabilitationcentre 'Groot Klimmendaal'**
- 13.30 uur     Working with patients I
- 15.00 uur     Coffee and tea
- 15.15 uur     Working with patients II
- 16.45 uur     Conclusions
- 17.00 uur     End of the seminar

**Wijzigingen voorbehouden**