

Physical therapy and health promotion for individuals with Rett syndrome

The course is constructed conducted, and directed under the administration of Professor Meir Lotan

The program

The construction of the course: Rett syndrome is a rare and enigmatic syndrome affecting mostly females. The syndrome is relatively new to the medical world and therefore, the proper physical intervention for this group of clients is not yet established. During the last 30 years prof Lotan has worked with over 600 individuals with this disorder and have come up with insights regarding proper care for this group of clients.

The course: The course "Physical therapy for individuals with Rett syndrome" is a novel course intended to enhance the knowledge and abilities of parents and therapists involved in Rett syndrome in properly handling this special group of service recipients.

Main goal of the course: The 50 hours program will significantly improve the knowledge of all participants in the appropriate approach to treating individuals with developmental disabilities with special emphasis on individuals with Rett syndrome (RTT).

Goals of the program:

1. The student will deepen his theoretical knowledge in regards to people with Rett syndrome
2. The student will gain experience in existing evaluation tools for people with Rett syndrome
3. The student will become familiarized with methods and surroundings in which therapeutic intervention can be implemented with people with Rett syndrome
4. The student will understand the importance of a holistic in-direct therapy for people with Rett syndrome and will learn how to construct and implement such programs.
5. The student will study options for outdoor activities for individuals with Rett syndrome integrating with health promotion messages
6. The student will study different therapeutics methods in a unique environment which will combine theory, practice, and outdoor activities

Unicity of the program

The learners of the program will gain 4 academic points for participation as well as the unique experience of gathering the unique way a therapist should look at its client with Rett syndrome.

Potential students

The course is available for physical therapists as well as other therapeutic professions (including occupation therapists, caregivers, teachers). Parents of children with Rett syndrome interested in getting tools to intervene with their children can also gain knowledge which will help them manage the intervention and activity of their child with Rett.

Nature of the program: The program is of clinical nature, presenting the main difficulties presented by service recipients with RTT and their families. The course presents therapeutic possibilities that address the complex nature of this disorder. The course will give the therapist/parent/family member/teacher tools which will assist in ways to manage the issues typical for those with RTT when approaching these clients. Within the course the learners will receive professional tolls which will enable them to address the evaluation and treatment of this group of service recipients.

Academic director: and main speaker in this course is Professor Meir Loan a senior lecturer at Ariel University, at the department of physical therapist (PT). Prof. Lotan has devoted most of his professional life (34 years) to evaluating and treating individuals with Rett syndrome both in Israel as well as abroad. During those years Prof. Lotan has written 4 books and numerous articles on the topic of Rett syndrome, performed dozens of research projects with this group of service recipients, and their families. Lotan is also working as a clinical PT with more than 10 individuals with RTT on a weekly basis

Course topics

#	Topic
1.	Introduction to Rett syndrome (RTT)
2.	The importance of a multi-professional team
3.	The importance of a 24/7 activity
4.	The importance of a home program
5.	Principals of individual PT sessions with individuals with RTT
6.	The therapeutic needs of individual with RTT
7.	Parenting the child with RTT

8.	Joint therapy music and physical therapy for RTT
9.	Physical Evaluation scales in RTT
10.	Scoliosis in RTT
11.	Walking in RTT
12.	Hippotherapy in RTT
13.	Hydrotherapy in RTT
14.	Remote rehabilitation programs in RTT
15.	Alternative therapy in RTT
16.	Interviews with talking girls with RTT
17.	Aging with RTT
18.	Osteoporosis in Rett syndrome
19.	Treating hip dislocation in RTT
20.	Theratogs and RTT
21.	Principals of working with individuals with Apraxia
22.	The importance of recreation activities for RTT
23.	Early intervention in RTT
24.	Functional Alignment Core training (FACT), working with movable surfaces

Course demands:

Submitting an individual final work (specific demands are presented in the appendix)

Course evaluation:

Final work 100%