



The Neurologic Trunk: Enhancing Functional Recovery

Overview: Postural and trunk instability is a common impairment seen in persons with acquired brain injury including stroke. Stability of the trunk is critical to movement of extremities, ambulation, balance, swallowing and voice quality. Through lecture, group activities and lab activities, participants will gain knowledge related to the underlying causes of trunk instability, review common outcome measures to quantify progression, and apply facilitations techniques to enhance functional recovery.

Audience: Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapy Assistants, Speech Language Pathologists

Presenters:

- Gabriella DiPasquale, OTR/L, MS
Inpatient Occupational Therapist
- Maria Harris, PT, DPT
Inpatient Physical Therapist, Stroke Clinic Coordinator
- Lindsay Hockman, OTR/L, MS
Inpatient Occupational Therapist
- Amanda Schneider, OTR/L, MS
Inpatient OT Advanced Clinician—Stroke Unit
- Danielle Wynne, CCC-SLP, M.S.
Inpatient Speech Language Pathologist
- Carly Vowles CCC-SLP, M.S.
Inpatient Speech and Language Pathologist

Objectives: At the completion of this course, the learner will be able to:

- Explain the epidemiology and pathophysiology of trunk impairments frequently seen in persons with acquired brain injury including stroke
- Describe impact of trunk impairments on dysphagia management and voice
- Identify outcome measures used to assess trunk impairment
- Describe positioning strategies to maximize neurological recovery
- Describe common techniques to examine the trunk in persons with acquired brain injury including stroke
- Demonstrate examination techniques to examine the trunk in persons with acquired brain injury including stroke
- Explain intervention techniques to facilitate recovery of trunk stability
- Apply facilitation techniques to promote effective movement strategies and functional mobility
- Given a specific case presentation, select the most appropriate examination techniques
- Justify intervention strategies used to enhance functional recovery of trunk stability

Program Date: September 27, 2025

Program Length: 5.5 hours

Program Location: Bryn Mawr Rehab Hospital

Program Registration: <https://www.mainlinehealth.org/rehabeducation>

Program Cost: \$100.00

Program Agenda:

	Topics	
8:00 am	Registration	
8:30 am	Epidemiology Pathophysiology	
8:55 am	Dysphagia Dysphagia management Voice	
9:15 am	Positioning Seating systems	
10:00 am	Outcome tools: <ul style="list-style-type: none">• Subjective measures• Objective measures	
1030 am	Break	
10:45 am	Breakout session 1 Functional mobility assessment <ul style="list-style-type: none">• Anatomical considerations• Visual/postural assessment• Functional strength and motion• Static versus dynamic balance	Breakout session 2 Dysphagia assessment <ul style="list-style-type: none">• Bedside assessment: Objective and subjective measures• Instrumentals (FEES vs VFSS)• Anatomical considerations• Compensatory strategies• Clinical decision making Voice assessment <ul style="list-style-type: none">• Bedside assessment• Instrumental• Anatomical considerations
11:45 am	Lunch	
12:45 pm	Breakout session 3 Functional mobility intervention strategies <ul style="list-style-type: none">• Dual tasking• Trunk alignment• Positioning devices• Trunk activation techniques• Weight bearing• Proprioception• Manual techniques	Breakout session 4 Voice Management <ul style="list-style-type: none">• Breathing• Evidenced-based vocal exercises• Populations Respiratory Muscle Strength Training <ul style="list-style-type: none">• Inspiratory vs expiratory• Populations• Therapeutic benefits• Contraindications
2:30 pm	Break	
2:45 pm	Case studies: Interdisciplinary case studies	
3:15 pm	Question/answers	

CE Statement:

- OT: Main Line Health is recognized by the PA State Board of Occupational Therapy as a pre-approved provider. This course is applicable for 5.5 contact hours (0.55 CEUs).
- PT: This course has been submitted to the PA State Board of Physical Therapy for 5.5 contact hours (0.55 CEUs).
- SLP:



ASHA CE
APPROVED PROVIDER

Main Line Health

This course is offered for 0.55 ASHA CEUs (Intermediate level, Professional content)

Satisfactory Completion: Requirements for satisfactory completion of this course include full attendance at the course as evidenced by a monitored sign-in/sign-out sheet, completion of perceived attainment of course objectives, and self-assessment of how course materials will impact your clinical performance and/or outcomes.

Participant Satisfaction/Complaint Policy: Program evaluation evaluates participant satisfaction and complaints are handled by designated Main Line Health representative.

Conflict of Interest Disclosure

Speaker	Financial	Non-Financial
Gabriella DiPasquale, OTR/L, MS	Receives a salary from MLH	No disclosure
Maria Harris, PT, DPT	Receives a salary from MLH	No disclosure
Lindsay Hockman, OTR/L, MS	Receives a salary from MLH	No disclosure
Amanda Schneider, OTR/L, MS	Receives a salary from MLH	No disclosure
Danielle Wynne, CCC-SLP, M.S.	Receives a salary from MLH	No disclosure
Carly Vowles, CCC-SLP, MS	Receives a salary from MLH	No disclosure