

SfA: CPD Workshops and website resources

Dear Colleagues

Skills for Action (SfA) is again offering a number of CPD workshops, presented by Pam Versfeld on different aspects of Joint Hypermobility Syndrome and fascial mobilisation in children.

The workshops are of interest to physiotherapists and occupational therapists working with children. Please also visit the [SfA website](#) for more information on the courses and to see new developments on the site, including the [SfA Therapy Resources](#) pages. A subscription to these pages gives you access to Watching Will: a video diary and activity sheets which can be downloaded and used for creating home programmes.

Subscribers to the SfA Therapy Resources are entitled to a **20% discount on all courses** (except for courses hosted by club-physio.net)

A **booking form** for the courses is attached. If you would like to **host any of these outside of Cape Town** over a weekend, please contact me. Facilities hosting courses are entitled to 2 free places on the course.

Best wishes

Pam

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Cell 084 945 6575

Tel 021 686 4193

Cape Town

Biomechanics of the shoulder and hand for drawing and handwriting

24 April

Many children with drawing and handwriting difficulties complain of discomfort in the shoulder, forearm and hand.

In this workshop you will have an opportunity to analyse patterns of dyscontrol, learn how to mobilise tight muscles and review the approaches to strengthening shoulder and hand muscles and improve coordination of the fingers for drawing and handwriting.

The use of a digital pen and tablet for computer based analysis of dysgraphia will be demonstrated.

Place Tafelberg Junior School

Date Saturday 24 April 2010

Time 8h30 – 13h30

Cost R500

CPD 4 point applied for

Cape Town

Joint hypermobility in babies and toddlers

15 May

Joint hypermobility is increasingly being recognised as having a profound impact on an infants' development of basic movement skills. In this workshop the atypical developmental trajectories of infants and toddlers with joint hypermobility and low muscle tone will be analysed, with an emphasis on tightness in two-joint muscles and the effect this has on the infant's movement patterns. Intervention strategies to improve flexibility and muscle strength, and train basic skills will be covered.

Place Division of Physiotherapy, UCT

Date 15 May 2010
Time 08h30 – 16h00
CPD 7 point applied for
Cost R700

Cape Town

Fascial mobilisation in children

24 July

This course introduces participants to the biomechanics of fascia in development, the impact of atypical development on fascial mobility, and assessment and intervention strategies.

Place To be announced
Date 14 August 2010
Time 08h30 – 16h00
CPD 7 point applied for
Cost R700

Cape Town

Joint hypermobility in children

21 August

Get up to date on the latest research on the impact of joint hypermobility syndrome on development and revisit approaches to assessment and intervention.

Venue To be announced
Date 24 July 2010
Time 08h30 – 16h00
CPD 7 point applied for
Cost R700

Johannesburg

Joint hypermobility in children

18-19 Sept

A 2-day workshop for occupational and physiotherapists covering the biomechanics, altered developmental trajectories, flexibility and movement patterns of children with joint hypermobility and designing evidence based intervention programmes for these children, including fascial mobilisation for tight muscle and fascial systems.

This workshop is being hosted by club-physio.net. For more information go to: club-physio.net

Dates 18-19 September 2010

Cape Town

Upper limb and hand function dysfunction in joint hypermobility syndrome

16 Oct

Developmental differences, assessment and intervention strategies for strength, hand function, drawing and handwriting

Venue To be announced
Date 16 Oct 2010
Time 08h30 – 16h00
CPD 7 point applied for
Cost R700

SfA CPD

Booking form for Cape Town Workshops

Please go to www.club-physio.net to book for the Joint Hypermobility Course in Johannesburg

Please indicate which workshop(s) you would like to attend.

Your place on the course is secured once payment has been made.

Return the form to shop@skillsforaction.com or fax to 021 686 4193

Ways of paying

Cheque

PA Versfeld 11 Annerley Road, Rosebank., Cape Town

EFT or bank deposit

Bank ABSA
Acc name PA Versfeld
Acc no 1006461022
Sort code 510 210

Please send proof of payment to: shop@skillsforaction.com

Name		
HPCSA registration		
Profession		
e-mail address		
Tel no		
Cell no		
I would like to book for the following course(s).		Please indicate with an X in this column
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