

Bobath 4 NDT

Origin of Theoretical Approach

- NDT (Neuro Developmental Technique) just know as "Bobath approach" was originated and developed by Berta Bobath, PT and Dr. Karel Bobath in late 1940s. Name Bobath is still used in many countries, NDT is the name commonly used in North America.

NDT

Advanced hand-on approach to the examination and treatment of individual with disturbance of function, movement and postural control due to lesions of CNS.

Used primarily with child who have CP and adults with CVA.

- Practiced by OT, PT, SLP who completed advanced training in NDT.

NDT (definition)

- NDT is a holistic and interdisciplinary clinical practice model informed by current and evolving research that emphasizes individual's therapeutic handling based on movement analysis for habilitation and restoration of individual with neurological pathophysiology.
- The therapist uses the NDT model as a problem-solving approach to activity and participation, thereby to identify and address relevant injuries and impairments as a basis for establishing achievable outcomes with clients and caregivers.

Therapist prerequisite skills for NDT

Analytic Skills:- including the ability to see relationships among participation, activity and posture/movement multi- and single axis body-system integrities under a variety of concept and context using basic and applied sciences, experience, and expertise.

Clinical Reasoning:- Skills.

- The ability to determine a range of prognoses, taking all factors into account and correlating to outcomes.
- The ability to set functional and measurable outcomes for intervention.