



香港都會大學
護理及健康學院
Hong Kong Metropolitan University
School of Nursing and Health Studies

物理治療學系
Department of Physiotherapy

Introduction of Total Motion Release (TMR Tots) - An Innovative Approach to Empower Paediatric Physiotherapists & Caregivers

(course code: AC1240008)

Overseas speaker:



Susan Marie Blum, PT, TMRc

Paediatric Physical Therapist,
Developer & Instructor for TMR Tots

Lecture Contents

- Background of TMR Tots
- Complement with NDT using ICF model
- Pain-free approach to enhance participation
- Protocol to empower therapists and caregivers
- Case sharing

Details



16 March, 2024 (Sat)



9am-12pm



ZOOM



Target Participants:

Physiotherapists and physiotherapy students



CPD: 3 points

Registration



(Application deadline:
28 Feb 2024)

- Successful participants will be selected by drawing lots in case of over-subscription
- Successful applicant will receive confirmation e-mail on or before 8 Mar 2024
- Certificate of completion will only be granted to participants who can fulfil 75% attendance. Record will be retrieved from attendance report in Zoom.

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Speaker Bio



**Paediatric Physical Therapist. Total Motion Release (TMR) Certified.
Developer & Instructor for TMR Tots & Teens seminars.**

Susan Blum obtained her degree in Physical Therapy in 1975. She is the owner of Susan Blum Paediatric Physical Therapy, a private practice specializing in the treatment of children with complex postural symmetry challenges from athletes to multiple handicaps. Her practice includes patients with a wide variety of paediatric issues including cerebral palsy, orthopedic issues, gait asymmetries, torticollis, developmental delays, and other neuro-motor disorders. Susan also specializes in mentoring therapists worldwide in developing care plans for children and adults who have profound motor challenges. In 2021 she was the recipient of the Pennsylvania Paediatric SIG Award of Excellence for her contributions to the paediatric PT profession.

Earlier in her over 45-year career, Susan had extensive experience treating adults with neurological and orthopedic disorders using a variety of treatment techniques which she has incorporated in her approach with children founded on her research, extensive review of current science and continuing education. After discovering the step-by-step TMR concept in 2008 she witnessed a dramatic improvement in the functional outcomes of her patients. All benefited from TMR and exceeded former expectations prompting her adaptation for paediatrics and development of the TMR Tots & Teens (Tots) program. She has taught the Tots concepts to almost 3,000 therapists worldwide and presented the concepts at numerous state APTA and international programs.

