



ABR Training Courses for Physio- and other Therapists

In the last years, the ABR work has generated increasing interest amongst the physiotherapists resulting in requests for training in the ABR technique and method. As ABR presents a manual method that is able to reverse even advanced muscular-skeletal deteriorations, it is clear that it also offers an effective tool for relief and improvements within a wide range of milder disorders.

In response to ABR training requests we are now offering an informational and introductory course designed specifically for physio- and other trained therapists. The course is then followed by a series of training sessions throughout the year with the goal of teaching a professional a sufficient set of skills necessary for applying the ABR technique within their own praxis.

The intervals between courses throughout the year allow the therapists the following:

- 1.) To practice the technique extensively on suitable clients and on themselves!
- 2.) To gather experience as to how the ABR technique can best be applied within their own individual praxis
- 3.) To provide us with feedback concerning their acquired experience, thereby making it possible for us to adjust the program as needed.

The goal of the first series of courses is to familiarise the therapists with the ABR Concept and Technique. The exercises learnt will focus on providing the therapists with the necessary ABR competence to initiate an ABR home training program for patients with brain injury and related disorders resulting in loss of function of the muscular skeletal system.

The exercises that will be taught in the course bring effective improvements in the areas of:

- 1.) Head mobility and control
- 2.) Arm mobility and control
- 3.) Improved sitting
- 4.) Improved respiration
- 5.) Improvements in digestive functions

The ABR exercises that will be taught will consist largely of the applications in the following areas:

- 1.) Thorax
- 2.) Abdomen
- 3.) Shoulders
- 4.) Posterior and lateral neck
- 5.) Middle and lower back

In addition the completion of the first year of courses will enable the therapists to provide active support for parents already participating in the established ABR program.

During the first year we will provide the therapists with the following knowledge and abilities:

- 1.) To apply the basic ABR Technique – involving:
 - A.) Practical implementation of essential ABR technique concepts (Pneumatic Lens and its' construction, Volume Control, etc.)



B.) Application of basic ABR skills for various categories of motor impairments associated with cerebral palsy and brain injury (quadriplegic, diplegic, hemiplegic, etc.)

C.) Main protocols of coaching the parents in implementation of ABR skills for their children

2.) An introductory look at the basic concepts underlying the ABR muscular-skeletal assessment

3.) The basic concepts involved in the ABR approach.

More detailed explanations of ABR principles and ABR technique demonstrations are subjects of the initial introductory course.

Further ABR Training involves registration and enrolment for the following year of courses (ABR Training, Year 1). Further details of such year-long enrolment will be discussed at the time of the introductory course. At the end of completion of the ABR Training, Year 1, the participant will receive a certificate of completion describing the acquired ABR competence.

Provisional teaching program of ABR Training, Year 2, would focus on the application of ABR method for the treatment of the following conditions:

- 1.) Postural deficiencies
- 2.) Behavioural difficulties
- 3.) Chronic head-aches and migraine
- 4.) Chronic pain of the neck and shoulder-girdle
- 5.) Digestive disorders
- 6.) Disturbances within the upper and the lower respiratory system
- 7.) Apply ABR rehabilitative measures in connection with broken limbs
- 8.) Further

When the ABR Device becomes available in Europe – which is expected early in the next year – this will open the way for the treatment of spinal injuries and other related injuries using the ABR mechanical solution. It is expected to involve the interested physiotherapists in this process.

We in turn will provide the participants with continued guidance and supervision when exploring the possibilities for application of ABR in their own practices. This means that we will be available for ongoing consultation and advice regarding concrete cases.

Further ABR competence would then be available through a practicum period within an ABR centre.

We see that the thus outlined format will provide the best possible means of providing the existing therapists with sufficient knowledge and competence in ABR so that they themselves can make the ABR treatment available to a larger public.

Dates: Introductory course in Austria led by Borys Dudko and Diane Vincentz 7 January, 2007

Introductory course in Denmark led by Leonid Blyum and Diane Vincentz 10 February, 2007.

Costs: Introductory course 250 Euro. With paid registration 4 weeks in advance a reduction of 50 Euro is given.

Further Dates: The further dates will be compiled and distributed to participants of the introductory courses. The course will run parallel in Denmark and in Austria.

ABR Danmark ApS

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Costs and time involvement:

The cost of the ABR Training, Year 1

- 64 learning hours in total,
- 4 courses yearly of 2 full teaching days
- 8 hours each teaching day (morning and afternoon classes)

is 2000 Euro.

Prerequisites: Completion of a physiotherapeutic or related training and active involvement in the therapeutic field.

Registration follows completion and return of the registration form and payment of the course fee. The course fee for the first course year can be paid in advance or in regular instalments.

We are counting on your further interest and are prepared to answer any questions arising.

With kind regards,

Leonid Blyum
ABR Method Founder

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