

Learning Objectives

Participants will learn:

- What a rehabilitation unit is and how it functions.
- Effects of aging, inactivity, and disability.
- Basic anatomy and how the body moves.
- Medical problems that will interfere with functional independence.
- How to keep residents in ways that will promote independence.
- What to look for when helping someone walk.
- How to help someone perform basic exercise.
- Common equipment used in rehabilitation.
- Basic balance responses and activities to improve balance.
- Ways to interact with residents.