September 4, 2026

EM470: IBITA Basic Level Course Hybrid Model (online and in person): Assessment and treatment of adults with neurological disorders – Bobath Concept

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Presentation
In the context of contemporary neurorehabilitation, the Bobath Concept represents an inclusive and individualized therapeutic approach based on the latest evidence in neuroscience and biomechanics. The main objective of treatment is to optimize motor recovery based on the residual potential of the person after central damage, through targeted and tailor-made intervention strategies.
At the heart of the Bobath Concept is the analysis of functional movement, understood as a clinical tool for understanding and treating the individual as a whole. Neurological damage does not affect a single area, but has repercussions on the entire neuromusculoskeletal system, influencing postural control, selective movement, and sensory and perceptual-cognitive processes.
Treatment is not limited to the execution of motor gestures, but aims to promote the recovery of “typical” movement, minimizing compensatory strategies. This approach recognizes the decisive role of the patient's experiences, both before and after the injury, in modulating motor responses and processing sensory information.

A multidisciplinary approach is fundamental, promoting integrated work around the clock with the aim of increasing the person's activity and participation in daily life. Attention is focused as much on controlling the limbs as on controlling the trunk and head, as these are key elements for active postural alignment and effective motor performance.
In the therapeutic process, facilitation is an essential clinical skill: through therapeutic handling, verbal guidance, and structuring of the environment, the therapist shapes sensory information and observes the patient's responses to guide their clinical reasoning in real time.
This course aims to explore the theoretical and practical foundations of the Bobath Concept and translate them into clinical skills through a theoretical and practical training program. Teaching activities include lectures, practical exercises, and clinical sessions, with demonstration treatments performed by the instructor and treatments conducted by participants in pairs, always under direct supervision for progressively autonomous learning.
The course is structured according to IBITA international regulations, and the certification obtained allows access to advanced Bobath courses.

Hybrid model: innovation, flexibility, and effectiveness
For several years now, IBITA has recognized the possibility of structuring part of the theoretical training online, without compromising the quality and validity of the training.
Here are the many advantages of this organizational structure:

• Reduction in the number of days of attendance, allowing for a better work-life balance.
• Reduction in travel and accommodation costs.
• Adequate time for assimilating theoretical content, thanks to the autonomy in using the materials.
• Greater possibility of concentrating the days of attendance on clinical and practical application.
• Teaching efficiency, thanks to integrated and progressive planning that prepares the learner for classroom activities.
• More targeted learning, through a reasoned distribution of hours and an emphasis on the clinical-operational component.
Course structure
• Total hours: 114 hours in total
o 90 hours in person (12 days)
o 24 hours online divided into theoretical modules, preparatory to the classroom days.

Online lessons (synchronous mode)
• Theoretical foundations of the contemporary Bobath Concept (2 hours)
• Model of Bobath Clinical Practice and Case Reports to introduce the work to be done independently between the first and second modules (2 hours)
• Human functional movement (1.5 hours)
• Postural control (2 hours)
• Motor control (6 hours): sensory and motor systems, cortical circuits, basal ganglia, and cerebellum
• Motor learning (2 hours)
• Neural and non-neural components of UMNS (2 hours)
• Biomechanics and neurophysiology of locomotion (2.5 hours)
• Reach-to-grasp and upper limb issues in central lesions (4 hours)
Five meetings before module 1, one meeting before module 2
Specific course objectives
• Acquire specific terminology for the rehabilitation approach according to the Bobath Concept
• Update neurophysiological and biomechanical knowledge, with particular reference to postural control, locomotion, and reach-to-grasp
• Develop observation and assessment skills for motor disorders in neurological patients
• Refine manual skills and treatment techniques
• Stimulate clinical reasoning through comparison and discussion
• Promote collaboration in a multidisciplinary team
• Integrate practice with an evidence-based perspective, supported by up-to-date literature

24 Seats

Intended for

Doctors, Physiotherapists and Occupational Therapists

€1,990.00

Payments

- Deposit €700.00 within 7 days from the registration
- 2nd deposit €700.00 by date August 24, 2026
- Balance €590.00 by date January 29, 2027

Total: €1,990.00
114 Hours

Calendar

Online meeting dates: Friday, September 4, 2026, from 4:00 p.m. to 8:00 p.m. Theoretical foundations of the contemporary Bobath Concept - Model of Bobath Clinical Practice and Case Reports to introduce the work to be done independently between the first and second modules Tuesday, September 15, 2026, from 4:00 p.m. to 7:30 p.m. Human functional movement - Postural control Wednesday, September 23, 2026, from 4:00 p.m. to 8:00 p.m. Motor control (part one): sensory and motor systems, cortical circuits, basal ganglia, and cerebellum Monday, September 28, 2026, from 4:00 p.m. to 8:00 p.m. Motor control (second part) - Motor learning Monday, October 5, 2026, from 4:00 p.m. to 8:30 p.m. Neural and non-neural components of UMNS - Biomechanics and neurophysiology of locomotion Friday, February 5, 2027, from 4:00 p.m. to 8:00 p.m. Reach-to-grasp and upper limb issues in central lesions IN-PERSON MODULE DATES I Module: 12-18 October 2026 II Module: 10-14 February 2027
50 + 50 ECM

language

Italian

Course Location: Brescia @Sala Formazione Edumed

SCHEDULE

Face-to-face lessons
Module 1 (Seven days)
First day
- 8.30-9.00 Welcome, presentation of the full program, and distribution of teaching materials
- 9.00-9.30 The essential elements of MBCP – Discussion and introduction to the clinical case (Demo A)
- 9:30-11:00 Evaluation and treatment of patient A by the instructor in a group session - Summary of the evaluation and discussion
- 11:00-11:15 Coffee break
- 11:15-11:30 Introduction to the clinical cases treated by the course participants

- 11:30 a.m.-1:00 p.m. Treatment of patients by participants under the supervision of the instructor
- 1:00-2:00 p.m. Lunch break
- 2:00-3:30 p.m. Practical Session 1: Biomechanics of verticality and active standing (how to recognize antigravity deficits and therapeutic proposals)
- 3:30-3:45 p.m. Coffee break
- 3:45-5:30 p.m. Practical Session 2: Stand-to-sit (theoretical foundations in support of clinical practice). Stand-to-sit with anterior guidance – differentiation of grips and interventions in relation to the structure of the models – correlation with clinical practice
- 5:30-5:40 p.m. Summary of learning and conclusion of the day

Day Two
- 8:45-9:30 Review of key concepts in postural control: integration with clinical practice - Introduction to patient B demo.
- 9:30-11:00 Assessment and treatment of patient B by the instructor in a group session - Summary of assessment and discussion
- 11:00-11:15 Coffee break
- 11:15-12:45 Treatment of patients by participants under the supervision of the instructor
- 12:45-13:00 Discussion in working pairs and planning of the following day's treatment
- 1:00-2:00 p.m. Lunch break
- 2:00-3:30 p.m. Practical Session 3: Stand-to-sit with rear guidance and variables for adaptability to different patient issues
- 3:30-3:45 p.m. Coffee break
- 3:45-5:30 p.m. Practical Session 4: Alignment of the pelvis and femurs while seated – Antigravity extension of the trunk starting from the pelvis (brief theory and exercises)
- 5:30-5:40 p.m. Summary of learning and conclusion of the day

Day 3
- 8:45-9:30 Review of key concepts in motor control/motor learning: integration with clinical practice - Introduction to demo C.
- 9:30-11:00 Assessment and treatment of patient C by the instructor in a group session - Summary of the assessment and discussion
- 11:00-11:15 Coffee break
- 11:15-12:45 Treatment of patients by participants under the supervision of the instructor
- 12:45-13:00 Discussion in working pairs and planning of the following day's treatment
- 1:00-2:00 p.m. Lunch break
- 2:00-3:30 p.m. Practical Session 5: Selective extension of the thoracic spine and neck-head system
- 3:30-3:45 p.m. Coffee break
- 3:45-5:30 p.m. Practical Session 6: Setting the shoulder blades and active contact of the hands with the front support
- 5:30-5:40 p.m. Summary of learning and conclusion of the day

Day 4
- 8:45-9:30 Clinical characteristics of different central lesions (tailored to the type of patients attending the course) Introduction to the clinical case (Demo D)

- 9:30-11:00 Assessment and treatment of patient D by the instructor in a group session - Summary of the assessment and discussion
- 11:00-11:15 Coffee break
- 11:15-12:45 Treatment of patients by participants under the supervision of the instructor
- 12:45-13:00 Discussion in working pairs and planning of the following day's treatment
- 13:00-14:00 Lunch break
- 2:00-3:30 p.m. Practical Session 7: Recline sitting for hip flexor stretching and antigravity trunk activation
- 3:30-3:45 p.m. Coffee break
- 3:45-5:30 p.m. Practical Session 8: Recline sitting for hip mobilization and return to sitting position
- 5:30-5:40 p.m. Summary of learning and conclusion of the day

Day Five
- 8:45-10:00 Presentation of a case report following the MBCP
- 10:00-11:00 Practical Session 9: Lateral tilt (theoretical foundations supporting clinical practice)
- 11:00-11:15 Coffee break
- 11:15-12:45 Treatment of patients by participants under the supervision of the instructor
- 12:45-13:00 Discussion in working pairs and planning of the following day's treatment
- 1:00-2:00 p.m. Lunch break
- 2:00-3:30 p.m. Practical Session 10: Facilitating lateral weight transfer – consideration of the role of the ankle/pelvis and shoulder blades
- 3:30-3:45 p.m. Coffee break
- 3:45-5:30 p.m. Practical Session 11: Seated/supine transfer with transition to long sitting – Considerations on the therapeutic potential of transfers
- 5:30-5:40 p.m. Summary of learning and conclusion of the day

Day 6
- 8:45-10:00 Presentation of a case report following the MBCP and discussion on how to carry out the assignment between modules (final comparisons and clarifications)
- 10:00-11:00 Practical Session 12: Adaptations for the seated-supine transition
- 11:00-11:15 Coffee break
- 11:15-12:45 Treatment of patients by participants under the supervision of the instructor
- 12:45-13:00 Discussion in working pairs and planning of the following day's treatment
- 1:00-2:00 p.m. Lunch break
- 2:00-3:30 p.m. Practical Session 13: Alignment of the lower limbs from the supine position and activation of the foot
- 3:30-3:45 p.m. Coffee break
- 3:45-5:30 p.m. Practical Session 14: Guiding the crook-lying position through the foot, minimizing flexor activity and facilitating hip extensors
- 5:30-5:40 p.m. Summary of learning and conclusion of the day

Day 7
- 8:45-10:00 Practical Session 15: Deep core training
- 10:00-11:00 Practical Session 16: Placing the arm and head and transition from supine to lateral decubitus. Work in lateral decubitus to prepare the components of the step

- 11:00-11:15 Coffee break
- 11:15-12:45 Treatment of patients by participants under the supervision of the instructor
- 12:45-13:00 Discussion in working pairs and planning of the next day's treatment
- 13:00-14:00 Lunch break
- 14:00-15:00 Practical Session 17: Transition from lateral decubitus to supine to sitting and transition from sitting to SLS (Single Leg Stance)
- 15:00-16:00 Practical Session 18: Single Leg Stance and first step
- 16:00-17:00 Practical ECM test and conclusion of the module.

Case reports to be completed and submitted before the last module

Module 2 (Five days)
First day
- 8:30-8:45 Welcome, presentation of the full program, and distribution of teaching materials
- 8:45-9:30 Review of key concepts for locomotion re-education - Discussion and introduction to the clinical case (Demo E)
- 9:30-11:00 Evaluation and treatment of patient E by the instructor in a group session - Summary of the evaluation and discussion
- 11:00-11:15 Coffee break
- 11:15-11:30 Introduction to the clinical cases treated by the course participants
- 11:30 a.m.-1:00 p.m. Treatment of patients by participants under the supervision of the instructor
- 1:00-2:00 p.m. Lunch break
- 2:00-3:30 p.m. Practical Session 19: Backward step (brief theory and exercises)
- 3:30-3:45 p.m. Coffee break
- 3:45-5:30 p.m. Practical Session 20: Walking aids
- 5:30-5:40 p.m. Summary of learning and conclusion of the day

Day 2
- 8:45-9:30 Review of key concepts for functional reach-to-grasp re-education - Introduction to the clinical case (Demo F)
- 9:30-11:00 Assessment and treatment of patient F by the instructor in a group session - Summary of the assessment and discussion
- 11:00-11:15 Coffee break
- 11:15-12:45 Treatment of patients by participants under the supervision of the instructor
- 12:45-13:00 Discussion in working pairs and planning of the following day's treatment
- 1:00-2:00 p.m. Lunch break
- 2:00-3:30 p.m. Practical Session 21: Forward sitting to facilitate anti-gravity support of the head-neck system
- 3:30-3:45 p.m. Coffee break
- 3:45-5:30 p.m. Practical Session 22: Forward sitting for scapular setting
- 5:30-5:40 p.m. Summary of learning and conclusion of the day

Day 3
- 8:45-9:30 General feedback on the work between modules - Introduction to the clinical case

(Demo G)
- 9:30-11:00 Assessment and treatment of patient G by the instructor in a group session - Summary of the assessment and discussion
- 11:00-11:15 Coffee break
- 11:15-12:45 Treatment of patients by participants under the supervision of the instructor
- 12:45-13:00 Discussion in working pairs and planning of the following day's treatment
- 1:00-2:00 p.m. Lunch break
- 2:00-3:30 p.m. Practical Session 23: Seated-supine transition with upper limb guidance
- 3:30-3:45 p.m. Coffee break
- 3:45-5:30 p.m. Practical Session 24: Trunk constraint for upper limb treatment in a seated position: theoretical basis supporting the practice and examples of clinical application
- 5:30-5:40 p.m. Summary of learning and conclusion of the day

Day 4
- 8:45-10:00 Presentation of a case report following the MBCP
- 10:00-11:00 Practical Session 25: Training scapular protraction for selective abduction
- 11:00-11:15 Coffee break
- 11:15-12:45 Treatment of patients by participants under the supervision of the instructor
- 12:45-13:00 Discussion in working pairs and planning of the next day's treatment
- 1:00-2:00 p.m. Lunch break
- 2:00-3:30 p.m. Practical Session 26: From arm abduction to vertical elevation to front support on the table
- 3:30-3:45 p.m. Coffee break
- 3:45-5:30 p.m. Practical Session 27: Triceps-biceps alignment and selective strengthening
- Workshop: Overcoming the biomechanical limitations of the forearm for hand orientation toward the object
- 5:30-5:40 p.m. Summary of learning and conclusion of the day

Day Five
- 8:45-10:00 Presentation of a case report following the MBCP
- 10:00-11:00 Practical Session 28: Alignment and activation of the wrist, activation of the intrinsic component of the hand – Sensory stimulation and preparation for functional grasping
- 11:00-11:15 Coffee break
- 11:15-12:45 Treatment of patients by participants under the supervision of the instructor
- 12:45-13:00 Discussion in working pairs and planning of the next day's treatment
- 1:00-2:00 p.m. Lunch break
- 2:00-3:00 p.m. Practical Session 29: Facilitating training of the whole palm grasp and the lombrical grasp - Introduction to the pincer grasp
- 3:00-4:00 p.m. Practical Session 30: Treating the essential components of reach-to-grasp in other settings (supine position to minimize postural demands and facilitate fractionation
- 4:00-5:00 p.m. ECM practical test, if applicable, and conclusion of the course