

## What is NDT?

Neuro-Developmental Treatment (NDT) is an advanced therapeutic approach practiced by experienced Occupational Therapists, Physical Therapists, and Speech - Language Pathologists. This hands-on approach is used in working with people who have central nervous system insults that create difficulties in controlling movement. Therapists using NDT treatment have completed advanced training in NDT and work closely with individuals with neurological challenges (e.g. cerebral palsy, stroke, head injury), helping them to become as independent as possible. NDT-trained therapists work collaboratively with individuals, family, caregivers and physicians to develop comprehensive treatment programs based on the principles of human neurology and physiology. Individuals who have minimal to severe motor difficulties can benefit from the NDT approach.

## Treatment

The Neuro-Developmental Treatment (NDT/Bobath) approach was developed for the treatment of individuals with Pathophysiology of the central nervous system (CNS), primarily children with cerebral palsy (CP) and adults with cerebral vascular accidents (CVA). Individuals with CNS Pathophysiology have dysfunction in posture and movement and subsequent functional activity limitations. The Bobaths developed the NDT/Bobath approach to address these problems. The NDT/Bobath approach continues to be enriched with the emergence of new theories, new models and new information in the movement sciences. In addition, as the characteristics of the population with CNS Pathophysiology change, the approach continues to evolve.

## Philosophy

The Neuro-Developmental Treatment (NDT)/Bobath approach was developed by Berta and Karel Bobath as a “living concept”. The approach is intended to grow and develop over time as new information is gained from clinical experience and scientific research. NDT is used for the treatment and management of individuals with movement dysfunction resulting from central nervous system (CNS) Pathophysiology. The individual’s strengths and impairments are identified through an in-depth analytical process and addressed in relation to functional abilities and limitations. NDT is an interactive process which includes the individual, caregivers and members of the interdisciplinary team in assessment, treatment planning, and application.

The overall goal of treatment and management is to enhance the individual’s capacity to function, minimize impairments, and prevent disabilities. To reach this goal, the therapist addresses the quality of movement utilizing principles of movement sciences. Intervention involves direct handling including facilitation and inhibition to optimize function. The application of NDT contributes to the individual’s increased independence and an enhancement of the quality of life.