

April 11, 2026 8:00AM-4:00PM

## Premier Health Mobility and Neuro Handling Course

### Course Description:

This course is intended to provide PTs, PTAs, OTs and COTAs the mobility and treatment skills for the safe high quality patient handling to promote patient recovery through best level evidence and practice. This course is designed to assist with bed mobility, transfer skills addressing various levels of functional ability. There will be focus on biomechanics for all body types to protect the therapist from injury and safe handling of the patient. The course will also address treatment ideas to improve mobility and recovery of neurologically involved patients at various stages of recovery in the form of bed mobility, transfers and gait. There will be a heavy emphasis on lab skills with live demonstrations and video demonstrations followed by hands-on lab for skill practice. In addition, case studies, patient scenarios, and open discussion will be presented for problem solving and clinical reasoning. Those that attend will have several mobility and treatment techniques to immediately incorporate into their practice.

### Learning Objectives:

1. Understand the importance of early mobilization in health and recovery of various patient populations.
2. Identify varied transfer techniques for best practice of client presentation for safety and neuroplasticity.
3. Demonstrates appropriate and safe biomechanics while performing various patient care mobility skills.
4. Identifies appropriate mobility techniques that optimize the patient's functional level.
5. Demonstrate safe and appropriate bed mobility, transfer and standing assist techniques.
6. Examine case studies related to patient handling and gait.

### Presenter Biographies:

**Molly Barhorst, PT, DPT, NCS** - Molly Barhorst received her Doctor of Physical Therapy from The University of Toledo in 2013. Over the past 12 years, she has worked with a wide range of clinical settings including acute care, inpatient rehabilitation, outpatient neurological rehabilitation, and outpatient orthopedics. She is a Board- Certified Neurological Clinical Specialist since 2017 and currently practices in an outpatient orthopedic and neurological setting.

**Sheila Roush PT, NCS** - Sheila Roush graduated from Ohio University with a BS in PT in 1991. She has been practicing full time in a variety of settings for 34 years: outpatient ortho, acute care, inpatient rehab and most recently has been in outpatient neurological rehabilitation for over 23 years. She is a Board- Certified Neurological Clinical Specialist since 2014. She held an adjunct faculty position, teaching Introduction to PT at the University of Dayton and was a guest lecturer for UD. She has presented several Ohio PT approved CEU courses over the years.

### Course Schedule:

#### Total Time: 8:00am-4:00pm

8:00am – 9:00am Welcome and lecture overview: biomechanics, research  
9:00 am- 930am bed mobility case studies and demonstration  
9:30am - 10:15am bed mobility lab  
1015-1030 break  
10:30am – 11:00am functional treatment techniques in seated position  
11:00am- 11:30 am clinical reasoning for transfer techniques and case studies  
11:30-12:30 am transfer skills demonstration & lab  
12:30- 1:00pm- LUNCH provided

1:00pm – 1:30- Questions/patient scenarios  
1:30pm - 2:00pm- treatment pre-gait and standing for low functioning patients demonstration  
200PM-2:15 break  
2:15pm- 3:00pm lab standing  
2:30pm- 3:30pm gait tips and tricks treatment ideas  
3:30pm –4:00pm questions and scenarios

### Program Fees and Registration:

**Registration:** This educational event is being offered to Premier Health employees for \$60 and non-Premier Health employees for \$150. Lunch is provided. Please visit the link to register. Registrations must be made by April 10, 2026. Registration is limited to the first 30 people.

**Registration link:** [Premier Health Mobility and Neuro Handling Course - WSU Boonshoft School of Medicine & Premier Health CME Alliance - Continuing Education \(CE\) - Premier Health Mobility and Neuro Handling Course](#)

**Cancellations:** Cancellations must be emailed in writing to Qasim Rizvi at Qarizvi@premierhealth.com. Cancellations prior to 2 weeks will receive 100% refund. Refunds within two weeks are reviewed on a case-by-case basis.

**Directions and Parking:** The course will be held at 1715 Brown Street Dayton, OH 45409. Please park in the back lot. Course will be held in the physical therapy gym. Take the stairs or the elevator to 1R.

**CEUs:** 7 CEU hours are pending for physical therapists through the Ohio Physical Therapy Association and occupational therapists through the OTPTAT board for the state of Ohio.