



# **CME I COURSE**

**MARCH 26-29, 2023**  
**KIDS PHYSIO GROUP**  
**VANCOUVER, BC**

**This Cuevas Medek Exercises (CME) I course will be hosted by Kids Physio Group - Fraser and instructed by, RPT and CME IV Certified Practitioner, Simona DeMarchi.**

Simona is a licensed physiotherapist in Ontario, Canada and owner of Simona Demarchi Paediatric Therapy, a boutique therapy practice located in Toronto. With 26 years experience in paediatrics, including a variety of courses in different treatment techniques for children with motor delay, Simona has chosen to focus her practice on CME based on the clinical outcomes achieved in response to this therapy. In 2009, Simona was the first CME practitioner to achieve certification as an instructor and has since been teaching CME courses and offering mentorships to colleagues working in the field of paediatric rehabilitation. Simona greatly enjoys sharing her passion for CME and her clinical experience and appreciates any opportunity to welcome more colleagues to the worldwide CME team!

## **Course Description**

In the CME I course, registrants will:

- Learn the principles of CME and how these apply within the current principles of neural reorganization and brain development in infancy and childhood.
- Learn to apply the CME assessment and how to use this tool to guide clinical decision making in CME.
- Learn 43 exercises with progressions and alternate points of contact which may be applied with children of varying degrees of gross motor impairment. Exercises will span the development of head control, trunk control, standing, and walking.
- Learn the CME I dexterity test, a test meant to assist in the development of the dexterity required to safely and effectively deliver CME in a clinical setting.

The CME I course is an interactive experience combining lecture, demonstration, and practical components. All demos and practicums are completed using a combination of dolls and children whose families have volunteered to participate.

## **Learning Objectives**

By completion of the CME I course, registrants will be able to:

- Briefly explain what CME is by summarizing the 4 main principles of this therapy.
- Assess a child using the CME assessment.
- Using the assessment findings, be able to draw connections to the need for particular CME exercises.
- Apply 10 exercises focused on development of head control.
- Apply 14 exercises focused on development of trunk control.
- Apply 10 exercises focused on development of walking control.
- Apply 9 exercises focused on development of standing control.

**For information or to register, please send an email to:**  
**[cmecourses@simonademarchi.com](mailto:cmecourses@simonademarchi.com)**

**Registration is limited to 8 therapists, so don't delay!**

# CME I Course Schedule

Time	Sunday	Monday	Tuesday	Wednesday
8:30 to 9:00	Arrive + Settle In			
9:00 to 10:30	Intro + Theoretical principles of CME	Demonstration CME I Head Control Exercises	Demonstration CME I Standing Control Exercises	CME Assessment + Treatment Planning (small groups; with children)
10:30 to 10:45	Break	Break	Break	Break
10:45 to 12:00	Practicum CME I Dexterity Test	Practicum CME I Head Control Exercises	Practicum CME I Standing Control Exercises	Group Presentations
12:00 to 1:00	Lunch	Lunch	Lunch	Lunch
1:00 to 2:30	Demonstration CME Assessment	Demonstration CME I Trunk Control Exercises	Demonstration CME I Walking Control Exercises	Review of CME I Course Material (with dolls)
2:30 to 3:00	Break	Break	Break	Break
3:00 to 4:15	Practicum CME Assessment	Practicum CME I Trunk Control Exercises	Practicum CME I Walking Control Exercises	Question Period/Wrap up (15 minutes)
4:15 to 4:30	Question Period/ Wrap Up	Question Period/ Wrap Up	Question Period/ Wrap Up	

Please Note: While effort will be made to adhere to the scheduled as presented, slight variations in the timing of sessions may occur. As a result, any given day may end slightly before or after the time specified.