

NDT is a holistic and interdisciplinary clinical practice model informed by current and evolving research that emphasizes individualized therapeutic handling based on movement analysis for habilitation and rehabilitation of individuals with neurological pathophysiology. The therapist uses the International Classification of Functioning, Disability, and Health (ICF) model in a problem solving approach to assess activity and participation, thereby to identify and prioritize relevant integrities and impairments as a basis for establishing achievable outcomes with clients and caregivers. An in-depth knowledge of the human movement system, including the understanding of typical and atypical development, and expertise in analyzing postural control, movement, activity, and participation throughout the lifespan, form the basis for examination, evaluation, and intervention. Therapeutic handling, used during evaluation and intervention, consists of a dynamic reciprocal interaction between the client and therapist for activating optimal sensorimotor processing, task performance, and skill acquisition to enable participation in meaningful activities.

When citing this definition, it must be accompanied by this citation

AMA format

Instructors Group of NDTA, The NDT/Bobath (Neuro-Developmental Treatment/Bobath) Definition. NDTA website. <http://www.ndta.org/whatisndt.php>, ©NDTA May 27, 2016 (last accessed on dd/mm/yyyy).

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