

RIPPS Method Course Outline

Registration	8:30
RIPPS Method: Background	9:00 – 9:15
*Overview	
*Falls	
*Fall risk identification	
*Literature review	
*Perturbation studies	
SST/RIPPS Evidence	9:15 – 9:45
*Method: characteristics, reliability, validity	
*RIPPS protocol	
*Demonstration	
SST/RIPPS Evidence	9:45 – 10:15
*RIPPS percent total body weight	
*Direction limit scores	
*Performance measure	
*Results	
*Reliability, validity, ROC, sensitivity/specificity	
*Related balance measures	
*Step responses	
*RIPPS interpretations/troubleshooting	
*Discussion	
RIPPS Foundations: Neurophysiology	10:15 – 10:45
*Proactive/reactive, feed-forward/feedback	
*Stepping responses, aging	
BREAK	10:45 – 11:00
RIPPS Applications	11:00 – 11:20
*RIPPS Interpretations	
*Responses: fallers/non-fallers	
*Intervention options	
Percent of Total Body Weight Training	11:20 – 11:50
*Bed pull perturbation	
*Force elongation	
*Perturbation strategies	
*Documentation	
*Exercise ideas	
*Summary	
*Conclusions, discussion, Q & A	11:50 – 12:00

Objectives

After completion of this course participants will be:

- Able to integrate the RIPPS Method into clinical practice
- Familiar with perturbation neurophysiology foundations
- Able to quantify balance as percent of total body weight
- Knowledgeable in RIPPS Method assessment and treatment applications
- Capable of identifying active older adults at risk of falling using RIPPS