



# MEMBER SPOTLIGHT

By the NDTA Membership Committee

**Nancy Dilger** is a C/NDT physical therapist who lives in Belmont Shore, California, and works at her private practice, Footprints Pediatric Physical Therapy, in Los Angeles. She graduated from Florida International University in Miami and went on to earn her Master's degree in Developmental Disabilities from New York University. The following year she completed additional studies in motor control and motor learning at Columbia University. Since 2006, she has participated in the development of NDT-based therapies for children in Bangalore, India and has returned there many times to give assistance and lectures at Vydehi Institute. Nancy completed her NDT Pediatric (certificate) course in 1983 and has been recognized by the APTA as a Board Certified Pediatric Clinical Specialist since 1990.



*Q: How long have you been practicing?*

A: I have been practicing PT for 37 years.

*Q: How did you become aware of NDT?*

A: I became aware of NDT working as an aide at UCP of Suffolk County. The therapists I worked with were trained by the Bobaths, and I could see the difference in the children. At the age of 16, I realized that I wanted to be a pediatric physical therapist.

*Q: When did you take your first NDT course?*

A: I took my first NDT course with Ingrid Tscharnuter in New York City, which was known then as the basic 8-week course.

*Q: How did you change the way you treat patients after taking your NDT course?*

A: I learned to listen to the child and use all my senses so the

child's responses directed the therapy, not me.

*Q: What would be the one thing about NDT that you would tell a therapist who is interested in learning more about NDT treatment techniques?*

A: For PTs, they will learn handling skills that are not taught academically. It is KEY to being a practicing clinician.

*Q: Can you tell us how much influence NDT has had in your career?*

A: Looking back, it opened so many doors. My graduate school program wanted NDT trained therapists! I landed a job at an EI program at SteppingStone Day School in Bayside, NY, because of my NDT training, which allowed me to conduct the research necessary to complete my graduate degree. Having NDT training was like having the wind at my back. ■



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