

Occupational and Physical Therapy Management of Spinal Cord Injury

From injury to home again...

- This course is designed to provide a comprehensive treatment approach of the person with spinal cord injury from onset of injury through advanced rehab and outpatient needs. It is designed to help clinicians increase their awareness of optimal long-term functional outcomes for all injury levels and to have a better understanding of how to progress clients to reach their highest functional level. The rehabilitation of a person from moment of injury to "highest potential" is a lengthy and extraordinary process requiring support from all disciplines, as well as family and friends. Participants will leave this course with more knowledge and better tools to assist their clients with spinal cord injuries.

Course Objectives

1. All participants will be able to determine neurological level and classification using ASIA guidelines, develop treatment strategies, and project functional outcomes for all diagnoses.
2. All participants will be able to describe medical complications associated with spinal cord injury and how they affect patient care and treatments.
3. All participants will acquire knowledge about basic and advanced functional mobility progression with individuals with paraplegia and tetraplegia.
4. All participants will acquire knowledge about adaptive equipment including DME, wheelchair seating systems, wheelchair cushions and reimbursement information.
5. All participants will be able to identify and treat acute shoulder dysfunction.
6. Physical Therapy participants will be knowledgeable regarding orthotic and gait requirements for clients with incomplete SCI.
7. Physical Therapy participants will be able to progress clients through beginning to advanced wheelchair skills.
8. Occupational Therapy participants will be knowledgeable regarding splinting techniques/hand function and mobile arm supports.
9. Occupational Therapy participants will be knowledgeable about use of assistive technology with spinal cord injury.

New York, NY

*April 23-25**
 NYU LMC
 Rusik Institute

** Note: New York course is longer: 2.5 days, 20 contact hours. See schedule online.*

San Francisco, CA
May 1-2
 California Pacific Regional
 Rehabilitation Center

Temple, TX
May 15-16
 Rehabilitation Center
 Scott and White Hospital

Lexington, KY
July 17-18
 Cardinal Hill
 Rehabilitation Hospital

San Pedro, CA
November 6-7
 Providence Little Company
 of Mary Medical Center

Space is limited!
Register now.

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Course Schedule

"This course went above and beyond my expectations. All the information and resources provided will be extremely useful in improving my future SCI patients' outcomes."

SATURDAY (Continental Breakfast 7:30 - 8:00 am)

- 8:00 - 8:15 am **Introduction: Goals and objectives**
- 8:15 - 9:30 **ASIA classifications and definitions:** Proper ASIA testing, classification clarity, patient examples
- 9:30 - 10:15 **Medical complications from a therapy perspective:** Pressure ulcer management, orthostatic hypotension, autonomic dysreflexia, heterotrophic ossification, DVTs/PEs, and bariatric considerations
- 10:30 - 11:15 **Treatment considerations of the SCI patient in ICU/Acute care setting:** Early interventions, treatment suggestions, protective and progressive mobilization ideas
- 11:15 - 12:00 **Respiratory management and treatment interventions:** Anatomy review, functional treatment strategies to assist with functional skills
- 12:00 - 1:00 pm Lunch
- 1:00 - 2:15 **Mobility progression for paraplegic clients (video demonstration):** Specific treatment progression for C6 and below, emphasis on key elements of mobility skills from balance skills to high level transfer skills
- 2:15 - 3:00 **Treating acute shoulder dysfunction:** Evaluation of acute shoulder dysfunction, identification of high risk patients for shoulder pain, treatment suggestions
- 3:15 - 4:15 **Wheelchair seating and positioning:** Overview of seating and positioning equipment recommendations, tips on common positioning issues, case study
- 4:15 - 5:00 **Bowel and bladder management:** Anatomy and physiology review, current bowel and bladder techniques, treatment and equipment suggestions
- 5:00 - 5:30 **Psychosocial considerations**
- 5:30 **Questions and review**

"It's nice to finally see a specialized SCI course with some good clinical "meat and potatoes" to it.. I've been involved in SCI for 15 years and I came away with new techniques and phrases for teaching my clients that I will incorporate."

SUNDAY (Continental Breakfast 7:30 - 8:00 am)

- 8:00 - 9:00 am **DME and home modification:** Review of simple to complex medical equipment for clients with SCI, letters of medical necessity, home assessment recommendations
- 9:00 - 10:15 **Treatment progression specifics for the C6/7 level tetraplegic:** Specific treatment progression strategies, treatment suggestions (video demonstration)
- 10:30 - 11:15 **Transfer tips and advanced transfer ideas (video demonstration):** High level transfer techniques to multiple surfaces

Note: Afternoon sessions will be separate for OTs/COTAs and PTs/PTAs until 5:45 pm. (Attendees are welcome to attend the sessions of their choice.)

- OT Sessions**
- 11:15 - 12:30 pm **OT treatment interventions**
Environmental Aids to Daily Living
Review of simple to complex EADLs
 - 12:30 - 1:30 Lunch
 - 1:30 - 2:30 **Splinting and hand function**
Simple to advanced splinting options
Treatment techniques to maximize hand function
 - 2:30 - 3:45 **Splinting lab session: hands on lab**
Mobile arm support lab
Overview of use of mobile-arm supports, hands on lab session
 - 4:00 - 5:00 **Treatment progression and functional outcomes by level of injury:**
Functional progression by level of injury, equipment suggestions, functional outcomes
 - 5:00 - 5:30 **Interactive topic session** (topics to be determined by participants)
 - 5:30 **Questions and review**

- PT Sessions**
- Gait and orthotics (11:15 - 12:30)**
Orthotic review/comparison
 - Stance control knee options
Review components of gait
 - Lunch (12:30 - 1:30)
 - Mat progression lab (1:30 - 2:30)**
 - Advanced wheelchair skills (2:30 - 3:45)**
Advanced WC progression, basic to advanced skills (Practice lab session)

"I really like that PT and OT are presenting together. All of the speakers are very knowledgeable and bring different ideas from different regions. There is no other course like this out there..."

"I wanted to be sure to let you know how much I appreciated your seminar...I cannot speak highly enough of it. I think you all did a great job of covering material from basic to advanced, and especially showing how one leads to the other. I am new to SCI rehab and learned tons; my coworker has been at it for a few years and says he also learned a lot..."

"...I really enjoyed the seminar and I feel that I have gained so much knowledge about SCI." — Lauren Sanders, COTA, T10 AIS:A Paraplegic

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Presenters

Darrell Musick, PT

Darrell Musick graduated from California State University at Long Beach in 1989 with a bachelor's degree in physical therapy. He began his clinical specialization in spinal cord injury in 1991 and is currently the Director of Physical Therapy at Craig Hospital in Englewood, Colorado. He was the clinical supervisor of the spinal cord injury unit at Santa Clara Valley Medical Center in San Jose, CA from 1992 to 2005. He has presented internationally on SCI and is currently an adjunct faculty member for the University of Colorado's DPT program. He is a program planning member of Academy of SCI Professionals, Therapy Leadership Council. He is a member of the American Physical Therapy Association (APTA), Academy of SCI Professionals, and the American Spinal Injury Association (ASIA).

Carole Adler, BA, OTL

Carole Adler graduated with a BA in Psychology from San Diego State University and a graduate degree in Occupational Therapy from the University of Southern California. She currently is Rehab Case Manager on the Spinal Cord Injury Unit at Santa Clara Valley Medical Center in San Jose, CA where previously she held the position of Clinical Supervisor of Occupational Therapy services for over 24 years. Carole has lectured nationally on all aspects of OT treatment of SCI and written several textbook chapters. She is a panel member for the Consortium for Spinal cord Medicine, Clinical Practice Guidelines and co-authored "Outcomes following Traumatic Spinal Cord Injury. She has been a member of the program planning committee and lecturer for Contemporary Forums SCI courses since 1993.

Gabriella Stiefbold, OTR, ATP

Gabriella Stiefbold, OTR, ATP is a graduate of Kean University with a BS in Occupational Therapy and is currently completing her advanced masters in Occupational Therapy/Assistive Technology from NYU. She has been working in spinal cord injury rehabilitation since 1996 and is the Clinical Manager of the inpatient Spinal Cord Injury unit at Kessler Institute for Rehabilitation in West Orange, NJ. She has given several lectures at Contemporary Forums Spinal Cord Injury courses since 2006 and has been a program planning committee member for Contemporary Forums. She has taught the spinal cord injury and wheelchair seating lectures at Kean University for since 1998, and has presented internationally regarding spinal cord injuries and OT intervention, wheelchair seating and assistive technology. She is a member of the American Spinal Injury Association.

Laura Wehrli, DPT, ATP

Laura Wehrli, DPT, ATP graduated from Temple University with a Masters Degree and later a Doctorate in Physical Therapy. She began her career in spinal cord injury rehabilitation at Mount Sinai Medical Center in New York, NY. She is currently the Physical Therapy Supervisor in SCI at Craig Hospital in Englewood, CO. Laura has more than 9 years of experience working with patients with spinal cord injuries in both the inpatient and outpatient settings. Laura has given lectures at the United Spinal Therapy Leadership Council Conference, APTA SCI SIG at the Combined Sections, Contemporary Forums and International Seating Symposium. Laura is currently an adjunct faculty member for the University of Colorado's DPT program and is a member of the APTA.

Registration Form for 2010 Courses

16 contact hours -
CEUs will be applied for

Name _____ License # _____
Please print name clearly, and as you would like it to appear on Certificate of Completion.

PT PTA OT COTA Other: _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

E-Mail _____ Course Location** _____

Confirmation will be via e-mail.

Course tuition: \$450. (CA, TX, KY)** Early registration: \$425. (registration and payment must be received 30 days prior to course date). Groups of 3 or more may subtract \$25. each but must register together.
** Note: NY course (4/23-26) is 20 contact hours (Friday evening thru Sunday afternoon). Cost for this course is \$495. (\$475. early registration) due to the 2.5 day course length. See website for specific course schedule.
Cancellations received in writing at least 4 weeks prior to the seminar date will receive a tuition refund less a \$75. administration fee. Cancellations within four weeks of the seminar will not be refunded but registration may be transferred to a future course without any fees. Substitutions are allowed at any time.

Register by: Visa Mastercard Check (made out to "SCI Seminars")

Credit Card Number _____ Expiration Date _____

Cardholder's Billing Address _____ Signature _____

Cancellations/Refunds:
In the event of a course cancellation, Spinal Cord Injury Seminars, Inc. is not responsible for any costs incurred related to this seminar.

Questions:
DarrellMusick@sciseminars.com
Information: www.sciseminars.com

Please be aware that presenters may vary depending on course attendance/ speaker availability.

Mail this form, with check if applicable, to:

Spinal Cord Injury Seminars
786 Poppywood Drive
Littleton, Colorado 80126

Or fax form to: 303.648.5140



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Littleton, Colorado 80126

2010 Seminars

Occupational and Physical Therapy Management of Spinal Cord Injury

*Recent seminar
feedback:*

*"I would absolutely
recommend this course
to my colleagues."*

*"Excellent
multidisciplinary
presentation."*

*"The speakers were
tremendous and obviously
extremely knowledgeable
in their respective areas."*

From injury to home again...

New York,
New York
April 23-25*
NYU LMC
Rusk Institute

San Francisco,
California
May 1-2
California Pacific
Regional Rehab

Temple,
Texas
May 15-16
Scott and White
Hospital

Lexington,
Kentucky
July 17-18
Cardinal Hill
Rehab Hospital

San Pedro,
California
November 6-7
Providence Little
Company of Mary