

Occupational and Physical Therapy Management of Spinal Cord Injury

From injury to home again...

- Now in its
- eighth year, SCI
- Seminars presents a
- to comprehensive approach
- the treatment of the spinal
- cord injured client from onset
- of injury through acute inpatient
- and outpatient rehabilitation.
- Rehabilitation from moment of injury
- to "highest potential" is a lengthy,
- complex and extraordinary process
- requiring support from all medical
- disciplines, as well as family and friends.
- Presenters from several nationally-
- recognized facilities share evidence-based
- and experienced-based treatment
- techniques and considerations through
- lectures, discussion and lab activities.
- Participants with all levels of
- experience will learn to more
- effectively and efficiently
- progress their clients with
- spinal cord injury to
- reach their highest
- functional level.

Course Objectives

1. All participants will determine neurological level and classification from provided International Standards for Neurological Classification of Spinal Cord Injury (ISNCSCI) exam data using ASIA Guidelines as well as be able to 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 be able to analyze basic and advanced functional mobility progression with individuals with paraplegia and tetraplegia.
4. All participants will be able to compare adaptive equipment including DME, wheelchair seating systems, wheelchair cushions and to describe reimbursement information.
5. Physical Therapy participants will be able to evaluate orthoses and gait requirements for clients with incomplete SCI.
6. Physical Therapy participants will be able to progress clients through beginning to advanced wheelchair skills.
8. Occupational Therapy participants will be able to identify and use appropriate splinting techniques/hand function.
9. Occupational Therapy participants will be able to describe one and two person transfer techniques.

● *Space is limited!*
Register now online: www.sciseminars.com

Jacksonville, FL
March 31 - April 1
Brooks Rehabilitation
Hospital

Seattle, WA
March 5-6
Seattle Children's
Hospital

New York, NY
June 30 - July 1
Mount Sinai
Medical Center

Encinitas, CA
September 29-30
Scripps Memorial
Hospital Encinitas

Chatanooga, TN
November 3-4
Siskin Hospital for
Physical Rehabilitation

Occupational and Physical Therapy Management of Spinal Cord Injury

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 open at 7:30 am)

- 8:00 - 8:15 am **Introduction: Goals and objectives**
- 8:15 - 9:15 **Treatment progression and functional outcomes by level of injury:** Summary of functional progression by level of injury, equipment suggestions, functional outcomes
- 9:15 - 10:30 **ASIA classifications and definitions:** Proper ASIA testing, classification clarity, patient examples
- 10:45 - 11:30 **Medical complications:** Pressure ulcers, orthostatic hypotension, autonomic dysreflexia, heterotrophic ossification, DVTs/PEs, bariatric considerations, treatment in the ICU
- 11:30 - 12:30 pm Lunch
- 12:30 - 1:45 **Mobility progression (video demonstration):** Specific treatment progression for C7 level of injury and below, emphasis on key elements of mobility skills from balance skills to more advanced transfer skills
- 1:45 - 2:45** **Lab break-out session:**
OT — Advanced wheelchair skills
PT — Mobility progression for patients with paraplegia
- 3:00 - 4:00 **Bowel and bladder management:** Anatomy and physiology review, current bowel and bladder techniques, treatment and equipment suggestions
- 4:00 - 4:30 Management of shoulder dysfunction
- 4:30 - 5:00 Sexual function after SCI

"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 opens at 7:30 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 - 10:30 **Treatment progression specifics for the C6/7 level tetraplegic:** Specific treatment progression strategies, treatment suggestions (video demonstration)
- 10:45 - 11:45 **Wheelchair seating and positioning:** Overview of seating and positioning equipment recommendations, tips on common positioning issues, case study
- 11:45 - 12:45 pm Lunch
- 12:45 - 1:15 **Advanced transfers and wheelchair skills (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.)

"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..."

OT Sessions

- 1:15 - 2:30 pm **OT intervention**
ADLs and assistive technology, mobility for LE dressing, bed mobility, U.E progression
- 2:30 - 3:30 **U.E and hand splinting for position and function** (including functional application)
- 3:30 - 4:30 **Splinting lab session**
Hands on lab

PT Sessions

- Gait progression (1:15 - 2:30)**
for incomplete injuries (Lecture)
- Mat progression lab (2:30 - 3:30)**
- Advanced wheelchair skills lab (3:30 - 4:30)**
Advanced WC progression, basic to advanced skills

All disciplines

- 4:30 - 5:00 **Psychosocial considerations and discussion**
Questions and wrap-up

"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..."

* Time and content subject to change

**Time may be changed depending on facility restrictions

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

Occupational and Physical Therapy Management of Spinal Cord Injury

Presenters

Darrell Musick, PT 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 President of SCI Seminars, and Clinical Director for Ekso Bionics and a consultant in Spinal Cord Injury Rehabilitation. He was the Director of Physical Therapy at Craig Hospital in Englewood, Colorado from 2005 through 2010 and previously the Physical Therapy 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 was previously an adjunct faculty member for the University of Colorado's DPT program and Samuel Merritt College DPT program in Oakland, CA. He is a program board member of the Academy of SCI Professionals, Therapy Leadership Council. He is a member of the American Physical Therapy Association (APTA), Academy of SCI Professionals (ASCIP), and the American Spinal Injury Association (ASIA).

Gabriella Stiefbold OT, ATP is a graduate of Kean University with a BS in Occupational Therapy. She has been working in spinal cord injury rehabilitation since 1996 and is an OT Clinical Specialist in the Outpatient SCI Department at Kessler Institute for Rehabilitation in West Orange, NJ. She has given several lectures nationally and internationally on the topic of SCI including topics presented at the Academy of SCI Professionals Conference, Contemporary Forums, and the American Spinal Cord Injury Association (ASIA). She has presented on the topic of Assistive Technology and SCI at Kean University. She is a member of the American Spinal Cory Injury Association and the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA).

Laura Wehrli, PT, 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 11 years of experience working with patients with spinal cord injuries in both the inpatient and outpatient settings. Laura has presented at the APTA SCI SIG at Combined Sections, Contemporary Forums: SCI, Canadian Seating and Mobility Conference (CSMC), and the International Seating Symposium (ISS). Laura is currently an adjunct faculty member for the University of Colorado's DPT program and is a member of the American Physical Therapy Association (APTA), Academy of SCI Professionals (ASCIP), and the American Spinal Injury Association (ASIA).

Rafferty Laredo, OTR, MA, ATP graduated from Baylor University with a BA in Psychology in 1997. In 1999, he earned his BS in Occupational Therapy from The University of Texas Health Science Center at San Antonio. He received his Master's degree in OT with specialization in Assistive Technology from Texas Woman's University in 2005. Rafferty is presently the Executive Director of the Texas Gulf Coast Chapter of the National Spinal Cord Injury Association (NSCIA), after over 11 years at The Institute for Rehabilitation and Research (TIIRR). He has presented at Contemporary Forums: Spinal Cord Injury and numerous times at the American Spinal Injury Association (ASIA) Annual Scientific Meeting. The Academy of Spinal Cord Injury Professionals awarded him the organization's Leadership Award in 2011. Rafferty serves as adjunct faculty for Texas Woman's University, The University of Texas Medical Branch at Galveston, and Kingwood College. He has been an expert reviewer for several SCI Clinical Practice Guidelines and co-authored the SCI chapter in the text, Ways of Living.

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Confirmation will be via e-mail.

Course tuition: \$450.

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. 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.

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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
Phone: 800.305.8818

Information: www.sciseminars.com

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

Mail form with check (made out to SCI Seminars), if applicable, to:

Spinal Cord Injury Seminars
680 Berry Avenue
Los Altos, CA 94024

Or fax form to: 800.305.8818



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2012 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...

Jacksonville,
Florida
March 31 - April 1
Brooks Rehabilitation
Hospital

Seattle,
Washington
March 5-6
Seattle Children's
Hospital

New York,
New York
June 30 - July 1
Mount Sinai
Medical Center

Encinitas,
California
September 29-30
Scripps Memorial
Hospital Encinitas

Chatanooga,
Tennessee
November 3-4
Siskin Hospital for
Physical Rehab-
ilitation