

Occupational and Physical Therapy Management of Spinal Cord Injury

A functional treatment approach... "from injury to home again"

- Celebrating its
- thirteenth 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 correctly determine neurological level and classification from provided International Standards for Neurological Classification of Spinal Cord Injury (ISNCSCI) exam data using ASIA Guidelines.
2. All participants will develop 3-5 appropriate treatment interventions and project functional outcomes for all levels of spinal cord injury.
3. All participants will be able to discuss 3 medical complications that impact patient care and treatment with spinal cord injury.
4. All participants will be able to view, analyze and appropriately progress individuals with paraplegia and tetraplegia through sitting balance, rolling, supine to sit and transfer techniques.
5. All participants will be able to describe 3-5 appropriate adaptive equipment options for patients with spinal cord injury.
6. Physical Therapy participants will be able to discuss at least 3 components/considerations for progression of clients with incomplete SCI.
7. All participants will be able to instruct and spot clients in performance of a wheelie, management of curbs and rough terrain in an ultralight wheelchair.
8. Occupational Therapy participants will be able to identify and apply appropriate hand splinting techniques for those with SCI.

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

Omaha, NE
March 18-19
Nebraska Medicine

Denison, TX
April 8-9
Texoma Medical Center

Mitchellville, MD
May 6-7
*MedStar NRH Regional
Rehab at Mitchellville*

Visalia, CA
August 19-20
*Kaweah Delta
Rehabilitation Hospital*

Charleston, SC
October 7-8
*Roper Rehabilitation
Hospital*

Syracuse, NY
November 4-5
*Upstate Medical
University Hospital*

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 - 9:30 **ISNCSCI classifications and definitions:** Proper testing, classification clarity, case studies
- 9:30 - 10:30 **Treatment progression and functional outcomes by level of injury:** Summary of functional progression by level of injury, equipment suggestions, functional outcomes
- 10:45 - 11:15 **Medical complications:** Orthostatic hypotension, pressure ulcers, lower and upper motor neuron injuries, autonomic dysreflexia, heterotopic ossification, DVTs/PEs, bariatric considerations, etc.
- 11:15 - 11:45 **Sexual function after SCI**
- 11:45 - 12:45 pm Lunch — on your own
- 12:45 - 2:00 **Mobility progression (video demonstration):** Specific treatment progression for individuals with paraplegia, emphasis on key elements of mobility skills from balance skills to more advanced transfer skills
- 2:00- 3:00** **Lab break-out session:**
OT — Advanced wheelchair skills
PT — Mobility progression for patients with paraplegia
- 3:15 - 4:15 **Bowel and bladder management:** Anatomy and physiology review, current bowel and bladder techniques, treatment and equipment suggestions
- 4:15 - 5:00 Management of shoulder dysfunction

"This was a very informative course with a lot of great, useful information."

"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, home assessment recommendations
- 9:00 - 10:15 **Treatment progression specifics for the C6/7 level tetraplegia:** Specific treatment progression strategies, treatment suggestions (video demonstration)
- 10:30 - 11:30 **Wheelchair seating and positioning:** Overview of seating and positioning equipment recommendations, tips on common positioning issues, case study
- 11:30 - 12:00 pm **Advanced transfers and wheelchair skills (video demonstration):** High level transfer techniques to multiple surfaces; wheelies, curbs, stairs
- 12:00 - 1:00 Lunch — on your own

"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..."

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

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| <p>OT Sessions</p> <p>1:00 - 4:30 pm OT intervention
ADLs and assistive technology, mobility for LE dressing, bed mobility, U.E progression</p> <p>U.E and hand splinting for position and function (including functional application)</p> <p>Splinting lab session
Hands on lab</p> <p><i>All disciplines</i></p> <p>4:30 - 5:00 Psychosocial considerations and discussion Questions and wrap-up</p> | <p>PT Sessions</p> <p>Treatment considerations (1:00 - 2:15) for motor incomplete injuries (Lecture)</p> <p>Mat progression lab (2:15 - 3:30)</p> <p>Advanced wheelchair skills lab (3:30 - 4:30)
Advanced WC progression, basic to advanced skills</p> <p><i>"This is a very valuable course for the SCI clinician as there are not many CE course options available. I think you both have provided a great overview of all the various topics and issues that effect the patient with SCI."</i></p> |
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"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..."

* Times and content subject to change
**Time may be changed depending on facility restrictions

"I found that a lot of the suggestions presented are also usable in other areas, such as TBI. The information is very useful to all individuals who have had experience or very little experience. There is something for everyone to learn."

"...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 Clinical Director for Ekso Bionics, President of SCI Seminars, and a consultant in Spinal Cord Injury Rehabilitation. He is a member of the Craig H. Neilson Foundation, Quality of Life Review Board. He was the 2013 recipient of the Excellence award from the Academy of Spinal Cord Injury Professionals, Therapy Leadership Committee. 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, California from 1992 to 2005. He has presented nationally and internationally on SCI and is an adjunct faculty member for the Samuel Merritt College DPT program in Oakland, CA, and UCSF DPT program in San Francisco. He is a member of the American Physical Therapy Association (APTA), and Academy of SCI Professionals (ASCIP).

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 in both inpatient and outpatient settings and is a 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 (ASCIP) and the American Spinal Cord Injury Association (ASIA). Gabriella was an OT expert reviewer for the Pressure Ulcer Prevention & Treatment and Respiratory Management Clinical Practice Guidelines and authored the Assistive Technology Chapter in the textbook *Spinal Cord Injuries: Management & Rehabilitation*. She is a member of the Academy of SCI Professionals, the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA) and the American Spinal Cord Injury Association where she currently serves on the Rehab Standards Committee.

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 in 2000. She is currently the Physical Therapy Supervisor in SCI at Craig Hospital near Denver, CO. Laura has spent most of her career working with patients with spinal cord injuries in both the inpatient and outpatient settings. Laura has given lectures at the APTA Combined Sections Meeting (CSM), International Seating Symposium (ISS), Academy of Spinal Cord Injury Professionals (ASCIP) Conference, and Canadian Seating and Mobility Conference (CSMC). Laura has assisted in editing chapters in several textbooks and is currently an adjunct faculty member for the University of Colorado's DPT program. She is now serving as the Secretary of ASCIP, and she is also a member of the APTA.

Rafferty Laredo, OTR, MA, ATP is the Executive Director of United Spinal Association of Houston. Rafferty served an 11-year career at The Institute for Rehabilitation and Research (TIRR) as clinical staff OT, manager, and clinical coordinator. Rafferty graduated from Baylor University with a BA in Psychology in 1997, earned his BS in OT from The University of Texas Health Science Center at San Antonio in 1999 and received a MA in OT with special focus in Assistive Technology from Texas Woman's University in 2005. He serves as adjunct faculty for Texas Woman's University, The University of Texas Medical Branch at Galveston, Texas State University, Lone Star College, and Pima Medical Institute for both OT and PT programs. Rafferty is an expert reviewer for several SCI Clinical Practice Guidelines and co-authored the SCI chapter in the text, *Ways of Living*. The Academy of Spinal Cord Injury Professionals awarded Rafferty the Excellence Award for his leadership in the SCI field. He presently serves on the Academy's Therapy Leadership Council Board.

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See www.sciseminars.com
for CEU information.

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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: \$495.

Early registration: \$450. (registration & payment must be received 30 days prior to course date). Allied Health Student: \$275 (please fax/send copy of student ID). Previous attendants of this course: \$200 (please include location and year of previous attendance). 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.

Register by: Visa Mastercard Discover American Express Check

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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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Los Altos, CA 94024

2017 Seminars

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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."

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Omaha,
Nebraska
March 18-19
Nebraska Medicine

Denison,
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April 8-9
Texoma Medical
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Mitchellville,
Maryland
May 6-7
MedStar NRH
Regional Rehab at
Mitchellville

Visalia,
California
August 19-20
Kaweah Delta
Rehabilitation
Hospital

Charleston,
South Carolina
October 7-8
Roper Rehabilitation
Hospital

Syracuse,
New York
November 4-5
Upstate Medical
University Hospital