

# Occupational and Physical Therapy Management of Spinal Cord Injury

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

- Celebrating its fourteenth year, SCI Seminars presents a comprehensive approach to 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 accurately determine neurological level and classification for at least three cases from provided International Standards for Neurological Classification of Spinal Cord Injury (ISNCSCI) exam data using ASIA Guidelines.
2. All participants will be able to correctly describe five common medical complications associated with spinal cord injury and how they impact patient care, treatments and outcomes.
3. All PT participants will design a treatment intervention plan to promote increased independence of clients with C6 and T8 levels of injury based on videos of functional activities as well as laboratory discussion of case studies and practice of handling skills.
4. All participants will be able to independently suggest at least one intervention to promote upright sitting posture in ultralightweight manual wheelchair per photographic review.
5. Following review of a video case study, the Physical Therapy participants will properly analyze three common gait deviations.
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 effectively assess the learning of another participant while attaining and maintaining a wheelie in an ultralight manual wheelchair.
8. Occupational Therapy participants will be able to identify and apply appropriate hand splinting techniques for those with SCI.

*Los Angeles, CA*  
**April 28-29**  
 California Rehabilitation  
 Institute

*Columbus, Ohio*  
**May 5-6**  
 OhioHealth  
 Rehabilitation Services

*Spokane, WA*  
**June 2-5**  
 St. Lukes  
 Rehabilitation Institute

*New Britain, CT*  
**August 18-19**  
 Hospital for Special Care

*Chattanooga, TN*  
**September 29-30**  
 Siskin Hospital for  
 Physical Rehabilitation

*Philadelphia, PA*  
**November 3-4**  
 Thomas Jefferson  
 University Hospital



*Space is limited!*  
**Register now online:**  
[www.sciseminars.com](http://www.sciseminars.com)

# 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.)*

- OT Sessions**
- 1:00 - 4:30 pm     **OT intervention**  
ADLs and assistive technology, mobility for LE dressing, bed mobility, U.E progression
  - U.E and hand splinting for position and function** (including functional application)
  - Splinting lab session**  
Hands on lab

- PT Sessions**
- Treatment considerations** (1:00 - 2:15)  
for motor incomplete injuries (Lecture)
  - Mat progression lab** (2:15 - 3:30)
  - Advanced wheelchair skills lab** (3:30 - 4:30)  
Advanced WC progression, basic to advanced skills

*"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..."*

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

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

\* 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."*

# 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 and is an OT Clinical Specialist in the Outpatient SCI Department at Kessler Institute for Rehabilitation in West Orange, NJ. She has lectured nationally and internationally on the topic of SCI at the American Spinal Injury Association (ASIA), Academy of SCI Professionals Conference (ASCIP), and Contemporary Forums. Gabriella was an OT expert reviewer for the Respiratory Management and Pressure Ulcer Prevention and Treatment Clinical Practice Guidelines and authored an Assistive Technology Chapter in the textbook *Spinal Cord Injuries: Management & Rehabilitation*. She has guest lectured on Spinal Cord Injury at Kean University and Seton Hall University. She is involved in a pilot study and the evolution of OT integration as part of the NeuroRecovery Network focusing on upper extremity management and recovery for individuals with SCI. She is a member of ASCIP, AOTA and ASIA. She is credentialed as an Assistive Technology Professional (ATP).

**Laura Wehrli, PT, DPT, NCS, 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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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.

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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](http://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:

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680 Berry Avenue  
Los Altos, CA 94024

Or fax form to: 800.305.8818



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2018 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."*

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

Los Angeles,  
California  
April 28-29  
California  
Rehabilitation  
Institute

Columbus,  
Ohio  
May 5-6  
OhioHealth  
Rehabilitation  
Services

Spokane,  
Washington  
June 2-3  
St. Lukes  
Rehabilitation  
Institute

New Britain,  
Connecticut  
August 18-19  
Hospital for  
Special Care

Chattanooga,  
Tennessee  
September 29-30  
Siskin Hospital  
for Physical  
Rehabilitation

Philadelphia,  
Pennsylvania  
November 3-4  
Thomas Jefferson  
University Hospital