



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

2011 Seminar

Spinal Cord Injury Seminars presents...

Management of the Painful Shoulder following Spinal Cord Injury

Course Objectives

1. Appreciate the importance of integrating orthopedic assessment into the early stages of care of patients with SCI in an effort to prevent and treat shoulder pain.
2. Understand normal shoulder mechanics and be able to identify abnormal movement patterns seen during evaluation and functional tasks.
3. Perform an orthopedic assessment of the neurologically involved shoulder including:
 - a. Integrating knowledge of ASIA classification and muscle innervation
 - b. Performing postural analysis and demonstrating an appreciation for the special considerations needed for patients without normal trunk support.
 - c. Demonstrating proper skills in the areas of motion analysis, assessment of joint range of motion, soft tissue palpation, neural tissue tension testing, strength and orthopedic special testing.
4. Discuss the common areas of shoulder girdle dysfunction seen with this population including muscle imbalance, upper quadrant misalignment, soft tissue, neural and joint restriction.
5. Identify a musculoskeletal diagnosis including being able to distinguish between the common elements seen with Bicipital Tendonitis versus Rotator Cuff Disease.
6. Develop a comprehensive treatment program to address the specific areas of impairment and a therapeutic exercise program appropriate to patients' dysfunction.
7. Perform selected soft tissue mobilization, joint play, neural tissue mobilization techniques, and shoulder taping techniques to address common impairments seen with this population.
8. Educate the patient in a consolidated home exercise program to maintain optimal shoulder function and prevent future injuries.

Shoulder pain occurs frequently during the acute post injury phase, particularly in people with tetraplegia and throughout the life of a person with spinal cord injury. Because the upper extremities are used to perform virtually all activities when the legs are paralyzed, shoulder pain is associated with a reduction in functional independence. Participants will leave this course with a new understanding and tools to treat shoulder pain in Spinal Cord Injury.

Space is limited to 40 people! Register now.

San Francisco
April 16-17
California Pacific Regional Rehabilitation Center

! **Final Shoulder Course...**
Don't miss out — register early!

Management of the Painful Shoulder following Spinal Cord Injury

Program Schedule (Appropriate lab attire required)

SATURDAY (Registration at 7:00 am)

8:00 - 9:00 am	Anatomy and Biomechanics: Integrating the neurologic and orthopedic perspectives
9:00 - 10:00	Evaluation: Subject Interview and Posture What position should you assess in? Scapula and humeral head position
10:15 - 11:00	Movement Analysis: Movement initiation, scapulo-humeral rhythm, compensation, substitution, eccentric control
11:00 - 12:00 pm	Lab #1 — Posture and Movement Analysis
12:00 - 12:30	Range of Motion and Strength Assessment
12:30 - 1:30	Lunch
1:30 - 2:00	Orthopedic Special Testing: Contribution to a differential diagnosis
2:00 - 3:00	Lab #2 — Orthopedic Special Testing
3:15 - 4:00	Joint Play and Soft Tissue Mobility
4:00 - 4:45	Lab #3 — Joint Play and Soft Tissue Mobility
4:45 - 5:15	Neural Tension Testing
5:15 - 5:45	Lab #4 — Neural Tension Testing/Treatment
5:45	Questions

SUNDAY (Continental Breakfast at 7:30 am)

8:00 - 8:15 am	Shoulder Warm-up
8:15 - 9:45	Lab #5 — Pulling It All Together - Full Evaluation
10:00 - 11:00	Lab #6 — Video Case Studies
11:00 - 11:15	Differential Diagnosis
11:15 - 11:45	Treatment: Positioning considerations; managing the inflammatory stage
11:45 - 12:30 pm	Taping Techniques
12:30 - 1:30	Lunch
1:30 - 2:15	Lab #7 — Taping Techniques
2:15 - 3:30	Restoring Mobility and Strength: Balanced shoulder strengthening; considerations for power, speed and endurance; closed vs. open chain activities; plyometrics; training based on level of injury
3:30 - 4:00	Strategies for the Busy Clinic, Wrap-up and Review
4:00	Questions

Presenter

Kim Ratner, PT, MHA

Kim Ratner graduated from Ithaca College with a BS in Physical Therapy in 1992 and received her MS degree in Healthcare Administration from Seton Hall University in 2008. She has been employed at Kessler Institute for Rehabilitation in NJ for 18 years.

Kim began her career at Kessler on the SCI team for 6 years and was promoted to the position of Senior Therapist for the Ventilator Dependent SCI Program while concurrently working part time at a private orthopedic practice. She then had the unique opportunity to transfer into the position of District Manager for Kessler overseeing 28 of their outpatient Orthopedic and Sports Medicine centers for five years. Throughout these experiences she had a simultaneous passion for spinal cord injury rehabilitation, orthopedics and Clinical Education and continuously sought to integrate her knowledge of Neurologic and Orthopedic rehabilitation perspectives into the treatment environment. Kim returned to the inpatient rehabilitation environment in 2003 and currently serves as the Assistant Vice President of Rehabilitation Services for Kessler's 143-bed Neuro-Rehabilitation Center Excellence, home of the Northern NJ Spinal Cord Injury Model System and the Northern NJ Traumatic Brain Injury Model System, where she currently oversees PT, OT, ST, TR and Case Management. In addition to her extensive experience in the inpatient and outpatient rehabilitation setting she has taken over 40 continuing education courses in her area of specialization. She has presented at lectures at several national model system conferences and the 2007 and 2008 Contemporary Forums SCI Conferences.

Registration Form for 2011 Course

Form may also be downloaded at www.sciseminars.com

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

License # _____ 16 contact hours

PT PTA OT COTA Other: _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

E-Mail Address _____ Fax _____
Confirmation will be via e-mail.

Course tuition: \$450. Course Location _____

Early registration: \$425. (registration and payment must be received 30 days prior to course date). Groups of 3 or more \$425. each or \$400. early registration. Cancellations 4 weeks before course receive refund minus \$75 handling fee; within 4 weeks no refund but substitutions allowed or tuition can be transferred to future course.

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

Mail this form, with check if applicable, to Spinal Cord Injury Seminars, 680 Berry Avenue, Los Altos, CA 94024 or fax form to: 800.305.8818.