



Spinal Cord Injury Seminars, Inc

Established 2004

Occupational and Physical Therapy Management of SCI

A Functional Treatment Approach... "from injury to home again."

Live Course Description

Founded in 2004, SCI Seminars presents a comprehensive approach to the treatment of the spinal cord injured (SCI) 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. Expert presenters from several nationally-recognized facilities share evidence-based and experienced-based treatment techniques and considerations through lecture, video, 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 is most appropriate for physical therapists (PTs), physical therapy assistants (PTAs), occupational therapists (OTs), and occupational therapist assistants (COTAs), but any health care discipline is welcome.

Live Course Schedule ~14.25 Contact Hours

Saturday

- 7:30 Registration/Continental Breakfast
- 8:00 Introduction, goals and objectives
- 8:15 International Standards for Neurological Classification of SCI (ISNCSCI)
- 9:15 Functional outcomes by level of injury
- 10:15 Break
- 10:30 Mobility progression for individuals with paraplegia (video demonstration)
- 11:45 Sexual function after SCI
- 12:15 Lunch (on your own)
- 1:15 Lab break-out session (lab time may be changed depending on facility restrictions)
OT – UE taping & modalities PT – Mobility progression for paraplegia
- 2:30 Management of shoulder dysfunction
- 3:15 Break
- 3:30 Bowel and bladder management
- 4:30 Advance transfers and wheelchair skills (video demonstration)
- 5:00 Adjourn

Sunday

- 7:30 Continental Breakfast
- 8:00 Durable medical equipment and home modifications
- 8:45 Treatment progression for C6 level of injury (video demonstration)
- 10:00 Break
- 10:15 Wheelchair seating and positioning
- 11:15 Psychosocial Considerations
- 11:45 Lunch (on your own)

OT Sessions

12:45 OT intervention (lecture/video demo)
ADLs, splinting, UE considerations (lab)

4:00 Questions, Discussion and Wrap Up

PT Sessions

12:45 Treatment considerations for
motor incomplete injuries (lecture)
2:00 C6 Mat progression lab
3:15 Advanced wheelchair skills lab

Course Objectives

1. All participants will accurately determine neurological level and classification for at least 3 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 5 common medical complications associated with spinal cord injury and how they impact patient care, treatments and outcomes.
3. All participants will design a treatment intervention plan to promote increased independence of clients with cervical and thoracic levels of injury based on videos of functional activities as well as discussion of case studies and practice of handling skills.
4. All participants will be able to independently suggest at least 1 intervention to promote upright sitting posture in a manual or power wheelchair.
5. All participants will be able to effectively assess the learning of another participant while attaining and maintaining a wheelie in an ultralight manual wheelchair for progression of community mobility skills.
6. Following review of a video case study, Physical Therapy participants will properly analyze 3 common gait deviations.
7. Occupational Therapy participants will be able to identify and fabricate the most appropriate hand splint for individuals living with cervical level SCI.
8. Occupational Therapy participants will cite 2 pre-functional skills necessary to optimize independence with lower extremity dressing.
9. Occupational Therapy participants will describe a complete task analysis of a hand-to-mouth pattern for feeding and grooming.

Presenters

Laura Wehrli, PT, DPT, ATP, NCS graduated from Temple University with a Master's 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. In 2004, she transitioned to Craig Hospital near Denver, CO as a staff PT, supervisor, and currently, serves as the Director of Physical Therapy. She teaches as associated faculty for the University of Colorado's DPT program, is a past-president of the Therapy Leadership Council (TLC) of ASCIP and a current member of the Academy Program Committee. Laura has been a professional educator with SCI Seminars since 2008.

Rafferty Laredo, OTR, MA is the Executive Director of United Spinal Association of Houston, providing resource education, medical supplies, peer support, and community-based health and wellness opportunities to his local community. Additionally, Rafferty is a community-based occupational therapist for patients living with complex neurological involvement. Prior to these current roles, Rafferty served an 11-year career at The Institute for Rehabilitation and Research (TIIR) as clinical staff OT, manager, and clinical coordinator. He has been a professional educator with SCI Seminars since 2011.

Rachael Houtman, PT, DPT, NCS, ATP graduated from University of Maryland Baltimore, School of Medicine, with a Doctorate in Physical Therapy. Her career in spinal cord injury rehabilitation began at Thomas Jefferson University Hospital in Philadelphia, PA in 2012. She transitioned from the acute care setting to inpatient rehab at

Magee Rehabilitation Hospital where she worked as a member of the leadership team on the spinal cord injury service for 7 years. While she continues in both hospital settings per diem, her current practice is in outpatient and community-based environments where she works primarily with individuals who have experienced SCI/D and other neurologic injury assisting patients as they transition home and navigate life within the community. Rachael is a member of the APTA, a current board member of the Therapy Leadership Council (TLC) of ASCIP, as well as a current board member of the United Spinal Association's Greater Philadelphia Chapter. She has given national and local presentations through these organizations and is an adjunct faculty member for Thomas Jefferson University's DPT program.

The Details

Course tuition: \$550 Standard, \$495 Early Bird, \$300 Student or Audit rate, Groups of ≥ 5 \$25 off each

Participants: PT, PTA, OT, COTA, PT and OT students; day 1 may be helpful for nursing professionals, but CMEs are not typically pursued.

Educational level: Beginner to Intermediate

CEUs: Please see our website for details. AOTA-approved provider.

Cancellations/Refunds: Cancellations must be received in writing at least 4 weeks prior to the seminar date for tuition refund less a \$75 administration fee. Registration may be transferred to a future course without any fees. In the event of a course cancellation, Spinal Cord Injury Seminars, Inc. is not responsible for any travel or other costs incurred related to this seminar.

Accommodation: If you require accommodation of any special needs, please contact us via our website Contact page.

Visit our website www.sciseminars.com for upcoming locations and to register!

The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

