



OCCUPATIONAL AND PHYSICAL THERAPY MANAGEMENT OF SCI

A FUNCTIONAL TREATMENT APPROACH...“FROM INJURY TO HOME AGAIN.”

LIVE COURSE DESCRIPTION

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 intermediate-level treatment techniques and considerations through lecture and video discussion. 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.

COURSE DETAILS

Course tuition: \$550 Standard* (electronic syllabus included, printed copy \$50 additional at checkout)

\$500 Early bird discount, group discount of \$25 off each for groups of 5+* **Participants: PT, PTA, OT, COTA, PT, and OT students

Educational level: Beginner to Intermediate (some advanced content)

CEUs: **California:** This course is approved for 14 hours by Redefine Health Education, a recognized approval agency of the Physical Therapy Board of California.

& AOTA-approved provider - please see our website for details.

Cancellation Policy: Cancellations must be received in writing at least two 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.

Please note, in order to receive a certificate of completion, attendees must complete both the post-course quiz and course evaluation.

Visit www.sciseminars.com for upcoming locations and to register now! Please indicate any special accommodations required on the registration form.

COURSE SCHEDULE

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)
- 2:30 - Management of shoulder dysfunction
- 3:15 - Break
- 3:30 - Bowel and bladder management
- 4:30 - Adjourn

Sunday

- 7:30 - Registration/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 - Advanced transfers and wheelchair skills (video demonstration)
- 11:45 - Lunch (on your own)
- 12:45 - OT & PT breakout sessions

OT Session

- 12:45 - OT intervention (lecture/video demo) - ADLs and assistive technology, mobility for LE dressing, U.E progression
- 2:30 - U.E and hand splinting for position and function (lab)

PT Session

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

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

COURSE OBJECTIVES

- ♦ 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.
- ♦ 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.
- ♦ 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.
- ♦ All participants will be able to independently suggest at least 1 intervention to promote upright sitting posture in a manual or power wheelchair.
- ♦ 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.
- ♦ Following review of a video case study, Physical Therapy participants will properly analyze 3 common gait deviations.
- ♦ Occupational Therapy participants will be able to identify and apply at least 1 hand splinting technique for those with SCI.
- ♦ Occupational therapy participants will cite 2 preparatory skills necessary to independently manage lower extremity dressing.
- ♦ Occupational therapy participants will task analyze a hand-to-mouth pattern for feeding and grooming.

****Clinical preparation:** It is encouraged (but not mandatory) to take the American Spinal Injury Association (ASIA) InStep e-learning module (6 hours) prior to this course, to help understand the language we will use throughout the weekend. There will be a brief InStep review at the beginning of the SCI Seminars course. ASIA has offered SCI Seminars participants the student rate of \$25 for the InStep module: <https://asia.learnshare.com/>

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Spinal Cord Injury Seminars is an AOTA Approved Provider of professional development. Course approval ID# 11411. This live format is offered at 1.4 CEUs, Intermediate level, Category 1. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA



SCI Seminars, Inc.
1033 Willow Lake Rd
Discovery Bay, CA 94505

Contact Us:
(650) 224-4268
www.sciseminars.com

PRESENTERS



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 (TIRR) 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.



Darrell Musick, PT (President and Founder) 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 a Program Officer for the Craig Nielsen Foundation, President of SCI Seminars, and a consultant in Spinal Cord Injury Rehabilitation. 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.

Presenters do not have any financial disclosures or conflicts.



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