



OCCUPATIONAL AND PHYSICAL THERAPY MANAGEMENT OF SCI

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

VIRTUAL 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 (see below) from 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: \$350 Standard* (electronic syllabus included, printed copy \$50 additional at checkout) *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: AOTA-approved provider - please see our website for details. **California:** This course is approved for 11 hours by Redefine Health Education, a recognized approval agency of the Physical Therapy Board of California.

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.

COURSE SCHEDULE

Friday (PST)

- 2:45 - Virtual check-in
- 3:00 - Introduction, goals and objectives
- 3:15 - Review International Standards for Neurological Classification of SCI (ISNCSCI)**
- 4:00 - Functional outcomes by level of injury
- 5:00 - Break
- 5:15 - Mobility progression for individuals with paraplegia (video demonstration)
- 6:30 - Sexual function after SCI
- 7:15 - Adjourn

Saturday (PST)

- 7:45 - Virtual check-in
- 8:00 - Bowel and bladder management
- 9:00 - Management of shoulder dysfunction
- 9:45 - Break
- 10:00 - Durable medical equipment and home modifications
- 11:00 - Treatment progression for C6 level of injury (video demonstration)
- 12:15 - Lunch
- 12:45 - Wheelchair seating and positioning
- 1:45 - Advanced transfers and wheelchair skills (video demonstration)
- 2:15 - OT & PT breakout sessions (see below)
- 3:30 - Psychosocial Considerations - Questions, Discussion, and Wrap Up
- 4:00 - Adjourn

OT Session

- 2:15 - OT intervention (lecture/video demo), ADLs and assistive technology, UE progression

PT Session

- 2:15 - Treatment considerations for motor incomplete injuries (lecture)

****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/>

PT: This course is approved for 11 hours by Redefine Health Education, a recognized approval agency of the Physical Therapy Board of California.

OT: Spinal Cord Injury Seminars is an AOTA Approved Provider of professional development. Course approval ID# 11411. This Virtual format is offered at 1.1 CEUs, Intermediate level, Category 1. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA



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 list 2 expected functional outcomes each for individuals with C6 and T1-9 levels of injury.
- All participants will be able to effectively assess and describe mobility skill progression in areas of balance, rolling and transfer skills.
- All participants will identify 3 components of a successful 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.
- All participants will be able to independently suggest at least 1 intervention to promote upright sitting posture in a manual or power wheelchair.
- Following review of a video case study, Physical Therapy participants will properly analyze 3 common gait deviations.
- 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.

PRESENTERS



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.

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.

Presenters do not have any financial disclosures or conflicts.