

# Occupational and Physical Therapy Management of Spinal Cord Injury

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

- Celebrating its
- fifteenth 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 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 one intervention to promote upright sitting posture in ultralightweight manual 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 three common gait deviations.
7. Occupational Therapy participants will be able to identify and apply at least one hand splinting technique for those with SCI.
8. Occupational therapy participants will cite two preparatory skills necessary to independently manage lower extremity dressing.
9. Occupational therapy participants will task analyze a hand-to-mouth pattern for feeding and grooming.

**Miami, FL**  
**March 9-10**  
*Jackson Memorial  
Hospital*

**New Britain, CT**  
**April 13-14**  
*Hospital for Special Care*

**Raleigh, NC**  
**September 28-29**  
*WakeMed Health  
& Hospitals*

**Santa Barbara, CA**  
**October 26-27**  
*Cottage Rehabilitation  
Hospital*

**Schenectady, NY**  
**November 2-5**  
*Sunnyview Rehabilitation  
Hospital*

**Portland, OR**  
**November 9-10**  
*Providence Health  
and Services*

● **Space is limited!**  
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# 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, 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 — Basic 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
- 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 a Clinical Representative for Restorative Therapies serving the Mid-Atlantic region. She provides clinical education and training, support and facilitates sales of FES systems for appropriate clinics. Prior to this, she worked as an OT at Kessler Institute for Rehabilitation in West Orange NJ and served in a number of roles including Inpatient Spinal Cord Injury Manager for 10 years and most recently as an OT Clinical Specialist in the Outpatient SCI Department. She has given several lectures nationally and internationally including at the American Occupational Therapy Association (AOTA), the American Spinal Injury Association (ASIA), and the Academy of SCI Professionals Conference (ASCIP). Gabriella was an OT expert reviewer for two Clinical Practice Guidelines and authored the Assistive Technology Chapter in the textbook Spinal Cord Injuries: Management & Rehabilitation. She has guest lectured on the topic of Spinal Cord Injury at Kean University and Seton Hall University. She is a member of the Rehab Standards Committee for ASIA and is a member of ASCIP, ASIA and AOTA and is credentialed as an Assistive Technology Professional (ATP).

**Laura Wehrli, PT, DPT, NCS, ATP** began her career in spinal cord injury rehabilitation at Mount Sinai Medical Center in New York, NY in 2000 and is currently the Physical Therapy Supervisor in Spinal Cord Injury at Craig Hospital near Denver. Laura has spent most of her career working with patients with spinal cord injuries in both the inpatient and outpatient settings. She achieved her Assistive Technology Practitioner (ATP) certification in 2007 and became a Board Certified Neurologic Clinical Specialist (NCS) in 2016. She has given lectures at many national and international conferences and is currently an associated faculty member for the University of Colorado PT program. Laura has assisted in editing chapters in several textbooks. She is now serving on the ASCIP Program Committee and is a member of the American Physical Therapy Association.

**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. He is also an avid educator and SCI consultant for hospital systems across the U.S. 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. 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. Rafferty has taught numerous audiences, both nationally and internationally. 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 (ASCIP) awarded Rafferty the TLC Excellence Award for his leadership in the SCI field. He presently serves as the President of the Academy's Therapy Leadership Council Board of Directors and as a member of the Governance Board of ASCIP.

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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: \$300. (please fax/send copy of student ID). Previous attendants of this course: \$300. (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.

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2019 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."*

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"from injury to home again"

Miami,  
Florida  
March 9-10  
Jackson Memorial  
Hospital

New Britain,  
Connecticut  
April 13-14  
Hospital for  
Special Care

Raleigh,  
North Carolina  
September 28-29  
WakeMed Health  
& Hospitals

Santa Barbara,  
California  
October 26-27  
Cottage  
Rehabilitation  
Hospital

Schenectady,  
New York  
November 2-3  
Sunnyview  
Rehabilitation  
Hospital

Portland,  
Oregon  
November 9-10  
Providence Health  
and Services