

## 2012 Course Dates & Locations

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for hotel and course location information.

CA Approval #PTNAS-201462 | BOC Provider #P2047  
OTA provider #4487 | TPTA Approval # 51168  
FL OT provider #50-1442 | IL PT Provider # 216000074



## About the Educator

**Carol McFarland, PT, MS, OCS**, is a 1975 graduate of Boston University with a BS in physical therapy. She completed her MS in kinesiology at University of Texas at Tyler in 1986 and then received her Orthopaedic Clinical Specialist certification from the American Board of Physical Therapy Specialties in 1990, which was renewed in 1998. She practices in an outpatient spine center in Texas and has worked closely with the neurosurgeons in this practice since 1992. She collaborated with therapists throughout east Texas to develop rehabilitation protocols specifically for follow-up to many of the surgical and injection spine procedures. She presented these protocols through the Texas Physical Therapy Association and American Back Society several times, and published a book on the postsurgical protocols for the lumbar spine.

# Developing Post Surgical Rehab Programs for the Cervical and Lumbar Spine



Presented by  
**Carol McFarland, PT, MS, OCS**

**North American Seminars, Inc.**

**1-800-300-5512**

**Fax 1-800-310-5920**

**[www.healthclick.com](http://www.healthclick.com)**

## Why You Should Attend This Course

This two-day intermediate level course is designed to enhance a therapist's fundamental understanding of surgical approaches for the cervical and lumbar spine in order to effectively develop progressive rehabilitation protocols. The key to successful post surgical rehabilitation is understanding the mechanism of injury, physiological healing time, mechanical changes and surgical techniques. This in-depth presentation prepares the medical professional to identify effective rehabilitation procedures for safe therapeutic management in order to achieve positive functional outcomes. A thorough understanding of the outcomes of surgery assists the therapist to develop the most effective rehab program. Emphasis is placed on understanding the neuromuscular effects of specific surgical procedures and developing protocols by utilizing neurological assessment tools, manual therapy techniques and exercise selection for the various post surgical conditions. Extensive hands-on lab time and protocol discussion will enable the therapist to immediately apply information in the clinical setting.

## Course Objectives

Upon completion of this course the participant will be able to:

- Understand the basic anatomy pertinent to various pathologies and dysfunctions.
- Utilize mechanical and neurological evaluation techniques to help determine the best treatment approach for spinal disorders.
- Identify specific active and passive interventions that address particular positive evaluation findings.
- Develop and initiate rehabilitation and exercise that maximize recovery and function in any spine program.
- Integrate the therapy program with other disciplines involved with spine management.
- Recognize the indications for surgical intervention.
- Recognize specific mechanical and neurological changes that may accompany each type of spine surgery or procedure.
- Understand the differences between post surgical and nonsurgical evaluation emphasis.
- Adapt spinal rehabilitation techniques for nonfusion surgeries, fusion surgeries with or without hardware, anterior or posterior approaches and various adjunct injection procedures.
- Perform interim testing to assess rate and path of program progression, as well as provide quantitative information for the physician and insurance provider.
- Understand the impairments and corresponding functional limitations that can occur as a result of various spine problems.
- Identify common "red flags" and be able to recognize the need for referral to another practitioner.
- Understand the need for post surgical spine reporting and follow-up, especially with regard to rehabilitation and outcome.
- Understand and defend the time frames needed for proper recovery of physical function of the spine following surgery.

**This course is 15 contact hours/1.5 ceus**

This course is 18 contact hours/1.8 ceus for Florida, North Carolina, Illinois or the District of Columbia licensed therapists.

The Maryland Board of Physical Therapy Examiners has approved this course for physical therapists. This course meets the ceu requirements set forth by the DC Board of Physical Therapy, approval # DC-1120. This course has been approved by the Pennsylvania State Board of Physical Therapy, approval #PTCE001472 (15 GEN). This course has been approved for physical therapists in the State of Delaware. NAS is approved by the IDPR for physical therapists licensed in the State of Illinois, Provider #216000074. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. This course meets the ceu requirements for physical therapists and assistants licensed in Florida, call for approval number, FL OT Provider #50-1442. This course has been approved by the TPTA approval # 51168. This course meets the requirements set forth by the Oklahoma Board of medical Licensure and Supervision. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PTNAS-201462. This course can be used for continuing education competency for license renewal for OT's in the State of California. This course has been approved by the Nevada Board of Physical Therapy Examiners for 1.5 units of continuing education. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Oklahoma, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements.

## Day One

- 7:30 8:00 **Registration**  
 8:00 9:00 **Protocol Basics**
- Background on development of the protocols
  - Acute (non surgical) protocol as a basis for surgical protocols with eclectic approach
  - Functional loss characteristics
  - Evaluation findings and treatment choices
- 9:00 9:45 **Evaluating the Lumbar or Cervical Post Surgical Patient**
- Differences between post surgical evaluations and non surgical spine evaluations
  - Early post surgical evaluation (in hospital or within first 2 weeks)
  - Full evaluation for 4 to 6 weeks post-op
  - Example forms for history and evaluation and flow sheets
- 9:45 10:00 **Break**  
 10:00 11:00 **Evaluation Lab/Preliminary Program Planning Based on Findings**
- Post surgical exam highlights and areas for special attention
  - Lumbar spine
  - Cervical spine
  - Example treatment selections based on findings
  - Evidence based exercise
  - Functional activity
- 11:00 12:00 **Lumbar Nonfusion Surgeries**
- Basic definitions: laminectomy, discectomy, surgeries for stenosis and associated anatomy
  - Types and purposes for surgeries, trends
  - What structures need attention during healing?
  - Functional activity
- 12:00 1:00 **Lunch (on your own)**  
 1:00 2:00 **Lumbar Nonfusion Protocol With Variations**
- Suggestions for pre surgical care, when possible
  - Early care in the hospital
  - Progression to outpatient rehab
  - Return to activity strategies

## Day One, Cont'd

- 2:00 3:00 **Manual Therapy for Nonfusion Lumbar Surgeries (Lab)**
- Soft tissue mobilization work for typical restrictions
  - Lumbar mobility work
  - Neural mobility work
  - Muscular facilitation techniques
- 3:00 3:30 **Finish Lab/Case Studies**
- Cases presented of typical nonfusion surgeries
  - Practice selecting treatments per protocol
  - Discuss possible outcomes
- 3:30 4:30 **New Procedures and Suggested Protocols to Date**
- IDET, and other percutaneous procedures
  - Artificial disc replacement
  - Kyphoplasty/vertebroplasty
- 4:30 5:30 **Interim Testing for Progress Assessment and Program Progression: The Physical Capacities Test (The PCT)**

## Day Two

- 8:00 9:00 **Lumbar Fusion Surgeries**
- Types of surgeries
  - Approaches, columns involved and instrumentation
  - Radiograph examples
  - Discussion: mechanical changes that may be expected
- 9:00 10:00 **Lumbar Fusion Surgery Protocols**
- Time frame variability
  - Strategies for pain control
  - Early care vs. longer term rehab
  - Case studies involving various types of surgery
- 10:00 10:15 **Break**  
 10:15 10:45 **Discussion - Dealing with the Long Term Fusion Patient**
- Ideas for reconditioning
  - Ideas for helping with chronic pain
  - How do the precautions vary long-term vs. post surgery?
  - Preliminary hardware removal protocol

## Day Two, Cont'd

- 10:45 12:00 **Lumbar Fusion (Lab)**
- Exercise adaptations
  - Manual therapy techniques for postfusion
  - Comparison with techniques for nonfusion
  - precautions and time frames
  - Expanded questionnaire for surgeons on time frames
  - Case studies
- 12:00 1:00 **Lunch (on your own)**  
 1:00 2:30 **Cervical Surgeries**
- Basic surgical descriptions of ACF and PCL
  - Difficulties in obtaining referrals and need for physician education
  - Protocols for fusions and nonfusions
  - Review of evaluation highlights
  - Recommendations for early care
  - Rehab in the outpatient stage
  - Determining when cervical motion can be performed and amount of range of motion
  - Exercise selection following ACF
  - Stability emphasis in neck, (evidence-based)
  - Typical muscular restrictions, tightness and/or weakness
  - Balance activities
- 2:30 3:45 **Cervical Post Surgical (Lab): Manual Therapy and Exercise Strategies**
- Importance of attention to maintaining neck spine posture in patients with ACF
  - Soft tissue mobilizations and release techniques for typically restricted structures
  - Suboccipital region
  - Neck musculature
  - Shoulder girdle
  - Thoracic paraspinals/rib cage
  - Adapting techniques for ACF vs. PCL or non fusion
  - Facilitating stabilization muscle recruitment
  - Cervical case studies
- 3:45 4:00 **Questions and Review**

## Registration Form

Developing Post Surgical Rehab for the Cervical & Lumbar Spine

**Registration Fee: \$399.00**

Send tuition to: North American Seminars, Inc.

2000 Mallory Lane Suite 130-67 Franklin, TN 37067

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 Credit Card \_\_\_\_\_

Exp.date \_\_\_\_\_ Phone (required) \_\_\_\_\_  
 e-mail (required) \_\_\_\_\_  
 Location of attendance \_\_\_\_\_

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.