

Visit
www.healthclick.com
for the most current dates,
locations and tuition

About the Educator

Carol McFarland PT, PhD, OCS has been a full time practicing PT since 1975, in Texas since 1980 in acute, outpatient and home health settings. She and her husband owned a private practice for a number of years, during which she obtained Orthopedic Clinical Specialist (OCS) certification from the American Board of Physical Therapy Specialties in 1990. This has been renewed twice and extends through 2018. For the past 35 years she has been working mostly with orthopedics and has done specialized work with spine. She was active with American Back Society which helped develop post surgical protocols for spine with colleagues over several years. These protocols were published in a non peer reviewed format in 2001. The work with these protocols also opened a door for her to teach seminars on post surgical spine rehabilitation for North American Seminars for the past 13 years. Between this teaching and clinical practice, she decided to complete a PhD in Physical Therapy in 2012 with a dissertation study was a clinical study of early therapy intervention after anterior cervical fusion. She has continued research interests are in the area of exercise and activity based management of orthopedic disorders, and has published studies in the Journal of Geriatric Physical Therapy and in the Journal of Back and Musculoskeletal Research. She is also active in the Texas Physical Therapy Foundation for research and more recently North American Spine Foundation, and North American Spine Society.

Additional Resources: Two educational training films designed to increase your understanding of the material in this course. Add to your live course registration.

Film #1 - Evaluation and Treatment of the Post Surgical Lumbar and Spine Patient. This film includes guided step-by-step examination and treatment techniques.

Film #2 - Treatment of the Post Surgical Lumbar and Spine Patient. Extensive additional treatment techniques, guided step-by-step. In addition, this film includes a special interview with Dr. Charles Gordon, MD, a Board certified Neurological surgeon. Dr. Gordon discusses surgical techniques and rehab implications for the post surgical spine.

Developing Post Surgical Rehab Programs for the Cervical and Lumbar Spine



Presented by
Carol McFarland, PT, PhD, OCS
PT, OT, PTA and AT - Continuing Education Course

North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
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. Because of the importance of functional outcomes in the new healthcare environment, an additional section will be dedicated to evidence based outcome measures for spinal disorders and neurologic deficits. A thorough understanding of the outcomes of surgery will assist the therapist in developing 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. A wealth of new evidence on exercise specificity is available for therapists and will be included throughout the course. In addition, the instructor's recently completed clinical trial on early PT intervention for post fusion will be presented as well as additional evidence based information on establishing a comprehensive pre and post op program. 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:

- Recognize the basic anatomy pertinent to various pathologies and dysfunctions.
- Differentiate 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.
- Discuss the differences between post surgical and nonsurgical evaluation emphasis.
- Develop adaptable 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.
- Recognize 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.
- Recognize the need for post surgical spine reporting and follow-up, especially with regard to rehabilitation and outcome.
- Identify 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/15 ccu's - This course is 18 contact hours/1.8 ceus for New York, Illinois or the District of Columbia licensed therapists

This course is applicable for PT, PTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO, CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 hours, 15 Category-1 PDA points. 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. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. 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 activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX** and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 15 ccu's. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047**, 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

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 **Evidence Based Evaluation and Functional Outcome Testing**
- Musculoskeletal measures
 - Neurologic testing review
 - Post surgical assessments
 - Functional outcome measures
- 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 3:30 **Manual Therapy for Nonfusion Lumbar Surgeries (Lab and Discussion)**
- Evidence based approaches to manual therapy and clinical decision making
 - Soft tissue mobilizations
 - Lumbar spine mobilizations
 - Neural mobilizations
 - Muscular facilitation techniques
- 3:30 4:30 **Interim Testing for Progress Assessment and Program Progression: The Physical Capacities Test (The PCT)**
- 4:30 5:30 **New Procedures and Suggested Protocols to Date**
- IDET
 - Nucleoplasty
 - Minimally invasive techniques
 - Adapting protocols to percutaneous procedures

Day Two

- 8:00 8:45 **Case Studies and Non Fusion (Review)**
- Cases presented of typical nonfusion surgeries
 - Practice selecting treatments per protocol
 - Discuss possible outcomes
- 8:45 9:45 **New Procedures (continued)**
- Disc replacement
 - Kyphoplasty
 - Vertebroplasty
 - X-stop
- 9:45 10:00 **Break**
 10:00 11:30 **Lumbar Fusion Surgeries and Protocols**
- Approaches and common fixations
 - Time frame considerations for introducing reconditioning
 - Strategies for symptom control
 - Case studies
- 11:30 12:00 **Integrating Precautions**
- Review of manual therapy techniques
 - Soft tissue mobilizations
 - Muscle facilitation
 - Therapists assisted stretching
 - Which are appropriate and helpful for fusion?

Day Two, Cont'd

- 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**

CM18

Post Surgical Rehab for the Cervical & Lumbar Spine

2000 Mallory Lane Suite 130-67 Franklin, TN 37067
 1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com



Name _____ Profession _____
 Home _____
 Address _____
 City _____ State _____ Zip _____
 Credit Card _____
 Exp.date _____ CVV _____ Phone(req) _____
 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.

