Selina Morgan, PT, ATP, graduated from Texas A&M University with a B.S. in health education in 1984, and the University of Texas Health Science Center in Dallas, School of Physical Therapy in 1986. She is actively involved in the physical rehabilitation of neurologically compromised patients with special interest in spinal cord injury and assistive technology. She has held offices in: The National Spinal Cord Injury Association-South Texas Chapter, the adhoc committee to improve handicap accessibility in San Antonio and the access planning committee of the Alamo Dome. Selina first gained teaching experience through her faculty position at the Texas Tech School of Physical Therapy in 1995. She continues to teach in areas of spinal cord injury, seating/mobility and assistive technology at the University of Texas Health and Science Center (schools of PT and OT) and the Army/Navy Baylor School of Physical Therapy at Fort Sam Houston. Selina has received credentials through RESNA as an assistive technology practitioner since 2003.

Spinal Rehab
The Next Step
One Day Live Course Combined with an Online DVD Homestudy
(22 hours of Continuing Education)

Why You Should Attend This Course
This one day intermediate level course combines online home study training with face-to-face interactive instruction including a hands on lab session. The course has been carefully designed to maximize the learning experience by combining, professionally filmed, self-paced online/DVD home study material with a focused hands-on training session in the classroom.

There has been a paradigm shift in the rehabilitation of spinal cord injured patients. Although therapists must teach compensatory strategies for achieving mobility while muscle groups are still weakened or paralyzed; there are now activity-based recovery strategies that help sensory-motor function regain the capacity to generate real function. Coupled with home study instruction, this course combines evaluative and rehabilitative teaching with hands-on practice on how to best combine the compensatory and recovery models in spinal cord injury rehabilitation. The instructor will present case studies; and evidence-based therapy and medical approaches that offer the spinal cord injured patient an opportunity for recovery. This course will help participants with their critical thinking processes based on patient parameters of need. Based on patient parameters, the participant will learn how to prioritize and synthesize conventional versus recovery model strategies to maximize patient progress efficiently.

The participants will receive two comprehensive handouts for both the online and live courses in addition to a DVD resource.

Course Objectives

- Compare the differences between the ASIA motor exam and manual muscle testing.
- Identify the pitfalls of only using the ASIA exam for SCI evaluation.
- Understand the challenges of applying standardized manual muscle testing to the spinal cord injured patient.
- Identify incomplete spinal cord injury characteristics via deductive reasoning following a sensorimotor exam.
- Identify key components to the therapy evaluation including:
  a. Modified manual muscle test vs the ASIA assessment
  b. Sensory testing
  c. Functional skill elements and indications for treatment planning
  d. Discuss goal setting and therapy techniques as they relate to various functional levels of injury
- Understand the challenges of applying standardized manual muscle testing to the spinal cord injured patient.
- Demonstrate understanding of evaluative testing including modifications allowing identification of available function following spinal cord injury.
- Discuss progressions and functional goal setting.
- Perform hands-on therapeutic activity-based exercise and functional training strategies in the lab setting.

About the Educator
Selina Morgan, PT, ATP

Presented by Selina Morgan PT, ATP

PT, OT, PTA and AT - Continuing Education Course

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Register online and receive instant access to online course, videos and manual.

In addition to the NAT cancellation policy, this hybrid course requires participation in the self study and live portions of the course. If for some reason the live portion is cancelled due to an Act of War or God or issues beyond our control OR the participant needs to cancel the live portion of the course then partial ceu course credit will be provided for the self study portion (13 hours/1.3 contact hours). for AK, IL, DC, NY licensed therapists, 16 hours.
Live One Day

7:30 8:00 Registration
8:00 9:15 Spinal Cord Injury Overview
• Understanding the demographics
• Who they are
• How long do they remain in rehab
• Who goes home
• Costs and barriers to successful outcomes
• Paying for necessary prolonged rehab
• Multi-system deficits; update in management solutions
9:15 10:15 Evaluation of Available Function and Anticipating Outcomes
• MMT, modified
10:15 10:30 Break
10:30 12:00 MMT (Continued)
• Surface EMG and sub-trace muscle detection
• What does the testing environment have to do with evaluation?
• Overview of sensory testing
• Overview of muscle tone assessment
12:00 1:00 Lunch (on your own)
1:00 3:00 Current Rehabilitation Models
• Understanding the conventional / compensatory model of rehabilitation
• Evidence of spinal cord recovery after injury
• Observations when body weight is supported during standing and stepping
• Observations when applying activity-based therapy
3:00 3:15 Break
3:15 4:45 SCI Functional Training (Hands on Lab)
• SCI treatment through the spectrum of care
• Transfers
• Bed mobility
• Activity based treatment strategies
• Gait training conventional vs NeuroRecovery models
• Basic seating and wheelchair configuration concepts
• Progressions and goal setting
4:45 5:15 Case Study Discussions and Video; Recovery Strategies and Goal Setting
5:15 6:00 New Advances in Research
5:15 6:30 Questions and Post Test

Online Self-Study

Sensory and Manual Muscle Testing
• ASIA A & B
• ASIA C & D
• ASIA E defined
• ASIA sensory exam, pin prick
• ASIA sensory exam, pin prick grading
• ASIA sensory exam, light touch
• ASIA sensory exam 54-5
• Defining complete and ZPP
• ASIA functional motor level
• Sensory motor relationship
• ASIA C5, all grades
• ASIA C6, all grades
• ASIA C7, all grades
• ASIA C8, all grades
• ASIA T1
• ASIA T1 quadriplegic involvement
• ASIA test, gravity eliminated test position for the hip flexion testing
• ASIA L2, grades 0,1,2
• ASIA L2, grades 3,4,5
• ASIA L3, grades 0,1,2
• ASIA L3, grades 3,4,5
• ASIA L4 grade 0,1,2
• ASIA L4 grade 3
• ASIA L4 grades 4, 5
• ASIA L5, all grades
• ASIA S1, grades 0,1,2
• ASIA S1, grade 3
• ASIA S1, grade 4,5

Spinal Cord Rehab Topics-Continued
• Quadriplegic mobility, long sit to prone
• Come to sit and the UE platform
• Long to short sit with leg management
• Bed mobility prone to supine
• Paraplegia, transfer to mat
• Long legs and weight bearing
• Come to stand with forearm crutches
• Sit to stand and the standing position
• Prone push to stand
• Gait with rolling walker sit to stand
• Quadriplegic gait training
• Supine to long to sitting
• Scooting hip head relationship
• Introduction of the lower extremity powder board testing
• Powder board strength assessment of dorsi and plantar flexion
• Powder board, hip abduction
• Powder board, hip adduction
• Powder board with and without skate, hip flexion
• Powder board, skate, knee extension
• Powder board no skate, knee extension
• Powder board, hamstring exam, trace
• Fatigue in weak muscle groups
• Wheelchair selection and hip width
• Wheelchair configuration, frame dump
• Wheelchair patient measurements
• Achieving the best pelvic position in a wheelchair
• Frame dump measurements, pelvic position and arc over rail
• Wheelchair tire and caster options
• Wheelchair configuration, key measurements
• Camber and overall width of wheelchair
• Wheelchair features and disassembly.

This course is 22 contact hours/1.2 ceus
This course is 36 contact hours/3.6 ceus for Alaska, New York, Illinois or District of Columbia licensed therapists

Spinal Cord Rehab Topics
• Interaction of muscle groups
• Quadriplegic assessment
• Dependent transfer with feet on floor
• Dependent transfer with full lift
• Infant transfer
• Infant collar/LSO
• Quadriplegic Mobility, transfers with board
• Mat to mat transfer
• Transfer to wheelchair with board
• Paraplegic transfer with sliding board
• Transfer, pivot without sliding board
• Transfer, prone push
• Transfer, roll out
• Wheelchair transfer floor to chair
• Transfer, feet first
• Transfer from mat using knee to chest for bed mobility
• Quadriplegic mobility, long sitting
• Quadriplegic mobility, quadruped
• Prone on elbow shifting

Next Step in Spinal Rehab

Registration Form

One Day Live Course with Online/DVD
Next Step in Spinal Rehab
One Day Live Course Fee: $399
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Phone (required)
e-mail (required)
Location of attendance

This course is applicable for PT, PTA, OT, OTA and AT. This course meets the standards set forth in section 13.99.06 of the California Code of Regulation and is approved for 18.0 hrs, 1.80 CEUs for physical therapy continuing competency licensure renewal requirements in the State of California, approval #PTES-2018-2.1. This course meets the requirements set forth by the Nebraska Board of Physical Therapy Examiners for 3.5 units of continuing education. This course meets the continuing education requirements for physical therapies 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. 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. NAS is approved by the DPR for physical therapies and assistants licensed in the State of Illinois, Provider #17250000074. FL OT provider #50-1442. BOC P2047, call for category classification approval. North American Seminars, Inc. is an AOTA provider for continuing education, provider #44467. AOTA approval hours are 22. 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, New York, North Carolina, North Dakota, Ohio, Oregon, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the requirements of their continuing educational requirements. Additionally, this course meets the use requirements for OTI licensed in AL, AZ, CA, CO, CT, FL, GA, HI, KY, KS, MA, MI, MN, NE, NV, NY, ND, UT, WA, WI, and WY. Meets the BOC OT requirements.

Selina add info in here about the benefit of combining the online with live