

2016 Course Dates & Locations

January 24 (Sunday)
San Ramon, CA

June 4 (Saturday)
Las Vegas, NV

November 20 (Sunday)
Wilkes - Barre, PA

Call 1-800-300-5512 or Go online to register:

www.healthclick.com and Select Registration from the main menu. Search by course name for more info & course dates.

About the Educator

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.

In addition to the NAS 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.**

Spinal Rehab The Next Step

**One Day Live Course Combined with
an Online DVD Homestudy
(22 hours of Continuing Education)**



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

Presented by Selina Morgan PT, ATP

PT, OT, PTA and AT - Continuing Education Course

North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
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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
- Observe and practice patient handling techniques in a lab setting including:
 - a. Transfer training and progressions
 - b. Bed mobility training and progressions
 - c. Conventional model gait training and progressions
 - d. Positioning for mechanical advantage to encourage optimal strengthening and facilitation
- Observe and understand of the basic manual wheelchair components and benefits for gravity assisted positioning for task performance.
- Describe the anatomical, physiological structures of the spinal cord including central pattern generators and their roll in recovery.
- Describe multi-system deficits, precautions and implications related to living with spinal cord injury.
- Identify the key differences in the conventional vs. recovery model approaches to spinal cord injury rehab.
- Demonstrate understanding of the evidence related to spinal cord plasticity.
- Demonstrate the use of spasticity in developing motor control in this population.
- 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.

7:30	8:00	Registration
8:00	9:15	Spinal Cord Injury Overview <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • MMT, modified
10:15	10:30	Break
10:30	12:00	MMT (Continued) <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Understanding the conventional / compensatory model of rehabilitation • Understanding the NeuroRecovery 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) <ul style="list-style-type: none"> • 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 Videos; Recovery Strategies and Goal Setting
5:15	6:00	New Advances in Research
5:15	6:30	Questions and Post Test

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

- Interaction of muscle groups
- Quadriplegic assessment
- Dependent transfer with feet on floor
- Dependent transfer with full lift
- Infant transfer
- Infant collar, TLSO
- 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



This course is applicable for PT's, PTA's, OT's, OTA's and AT's. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 18.0 hrs, 1.80 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PTNAS-2018.31. This course meets the ceu requirements set forth 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. 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. 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 IDPR for physical therapists and assistants licensed in the State of Illinois, provider #216000074. FL OT provider # 50-1442. BOC P2047, call for category classification approval. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. 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 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, NY, ND, UT, VA, WA, WV, WI and WY. Meets the NBCOT requirements.

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.