



Physiotherapy Management of Spinal Cord Injuries

6 – 8 May 2019

Introduction

The focus of this course will be on rehabilitation strategies for people with spinal cord injuries although many of the key principles will be applicable to people with different types of neurological conditions. The course will be structured around a five-step process, namely assessing; setting goals; identifying key problems; administering treatments; and measuring outcomes. Time will also be devoted to learning about appropriate mobility goals for people with different levels of injuries and the implications of different patterns of paralysis on movement.

Course Objectives

- describe typical patterns of motor loss and function for people with varying levels of spinal cord injury (SCI)
- list the key movement strategies used by people with SCI to mobilise
- conduct a neurological assessment according to the International Standards for Neurological Classification of SCI
- demonstrate different strategies for teaching wheelchair skills
- argue the pros and cons of stretch/passive movements for effective contracture management
- develop an appropriate strength training program
- demonstrate treatment options for the management of respiratory complications
- summarise the evidence for different gait training approaches

Course Outline

- Medical implications of spinal cord injury
- Physiotherapy assessment
- Goal setting
- Principles of management within an ICF framework
- Training transfers and bed mobility
- The International Standards for Neurological Classification of SCI
- Contracture management & Respiratory management
- Strength training
- Gait and orthoses

Target Audience

Physiotherapists who have a good understanding of the neurological physiotherapy. Some experience treating people with spinal cord injuries is desirable but not essential.

Course Details

Date	: 6 – 8 May 2019 (Mon – Wed)
Duration	: 3 days
Time	: 9.00 am – 5.00 pm
Venue	: Therapy Skills Training Lab Academia Level 1 20 College Road, S (169856)
Fee	: \$1015 (SingHeath Staff) (incl of 7% GST) \$1125 (Regular)

Teaching Faculty



Professor Lisa Harvey (PhD) has 20 years clinical experience in spinal cord injuries. She currently holds an academic position at Sydney Medical School, University of Sydney where she teaches, runs her own research program and supervises PhD students.

She had been responsible for the spinal cord injury teaching provided to undergraduate and postgraduate physiotherapy students at the University of Sydney for the last 20 plus years. In addition, she authored one of the leading text books on physiotherapy management of people with spinal cord injuries (Management of spinal cord injuries: A guide for physiotherapists, Elsevier). She has over 150 publications which include clinical trials and systematic reviews. Most of her research has focused on putting an evidence base to widely administered physiotherapy interventions for people with spinal cord injuries and other neurological conditions. She is Editor-in-Chief of Spinal Cord and on the editorial board of the Journal of Physiotherapy.

Contact & Enquiries

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Registration Slip

Physiotherapy Management of Spinal Cord Injuries 6 – 8 May 2019

Submit your registration form to **Joyce Lee** at joyce.lee.g.l@sgh.com.sg by **15 April 2019**

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the terms & conditions of PGAHI. Click [here](#) or refer to PGAHI website for more information.

PARTICIPANT'S PARTICULARS

Name *(to be reflected on cert)*:

Contact no.:

Email:

Profession:

AHP *(please indicate)*: _____ Doctor Nurse Others: _____

Department:

Organisation:

PRN/ MCR/ Nursing no. *(if applicable)*:

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before **15 April 2019**. There will be no refund of course fee for cancellation on or after **15 April 2019**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

For **cheque payment**, please issue a **crossed cheque** payable to "Singapore General Hospital Pte Ltd" and mail the cheque attention to **Joyce Lee, SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856**.

For **invoice to organisation**, please complete the below billing details:

BILLING DETAILS

Bill to:

Billing address:

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Email of addressee:

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I consent to Singapore General Hospital and its related corporations (collectively 'SingHealth'), their agents and SingHealth's authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.