43rd Annual Interdisciplinary Spinal Cord Injury/Disease Course

June 3-5, 2020
ONLINE LEARNING
43rd Annual Interdisciplinary Spinal Cord Injury/Disease Course

The AbilityLab Academy is the not-for-profit, educational arm of the Shirley Ryan AbilityLab (formerly known as the Rehabilitation Institute of Chicago). We are dedicated to advancing the ability of healthcare professionals by sharing the latest scientific discoveries and clinical practices that accelerate outcomes for patients.

Our hospital has been ranked the “Best Rehabilitation Hospital in America” for 29 consecutive years, and our commitment to education and training has always been an integral part of that success. As our organization takes its next step in transforming rehabilitation, the AbilityLab Academy, is committed to bringing you new and innovative opportunities to learn.

COURSE DESCRIPTION

Practitioners can build better therapeutic interventions when clinical decision-making and current research is at the forefront of evidence-based care. This innovative, interdisciplinary online course focuses on the resources and strategies that allow individuals with SCI/D to achieve their highest quality of life. Over three days, this course will integrate interactive workshops and discipline-specific leaders facilitating skill-building opportunities. The course focuses on patient outcomes in individuals with SCI/D. Day 1 will discuss how specifics in autonomic dysreflexia, pain processing, and neuropathic pain affect individuals with a spinal cord injury. Day 2 will focus on the application of clinical assessment of patients with SCI and outcomes in adults with pediatric onset spinal cord injury. Day 3 will tap into the challenge of daily living skills and quality of life issues of living with a SCI/D. Participants will have the opportunity to interact and discuss a patient case with course faculty through small discussion groups in online breakout rooms. This online course will encourage practitioners to think of a person living with SCI/D from all angles, from evaluation to treatment and management of symptoms, to treatment planning and long-term considerations and successes all from the convenience of your home or workplace.

Successful completion:
Participants will complete 4.5 hours of self-study activities in advance of this three-day course. These self-study activities for the SCI/D course will consist of live online content, readings and exercises that provide a foundation for the online interactive sessions. Participants must sign in and complete on-line evaluation for full course credit.

WHO SHOULD ATTEND
Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Nurses, Speech Language Pathologists, and Physicians (not offering CME)

COURSE OBJECTIVES

Upon completion of this course, participants will be able to:

- Identify current research and trends in autonomic dysreflexia with spinal cord injuries.
- Theorize how the pain phenotype can inform clinical management of individuals with SCI.
- Discuss psychosocial considerations for persons living with a spinal cord injury and their families.
- Identify factors associated with greater likelihood for employment, life satisfaction, and independent living for long-term survivors of pediatric onset spinal cord injuries.
- Review performance skills in the assessment of shoulder management and seating and positioning considerations in persons with a spinal cord injury.
• Discuss clinical assessment and reasoning of ISNCSCI evaluation and scoring importance in diagnosis and prognosis in patients with SCI.

**COURSE CHAIRMAN**

Monica A. Perez, PT, PhD  
Scientific Chair, Arms and Hands AbilityLab, Shirley Ryan AbilityLab  
Professor, Department of Physical Medicine and Rehabilitation, Northwestern University’s Feinberg School of Medicine  
Research Scientist, Hines VA  

Dr. Perez received a Ph.D. in physical therapy from the University of Miami School of Medicine. She attended the University of Copenhagen as a post-doctoral fellow where she studied transmission in spinal cord networks. She then completed a postdoctoral fellowship at the Human Motor Human Cortical Physiology and Stroke Neurorehabilitation Section at the National Institutes of Health, where she focused on studies of cortical physiology and plasticity. Her main research interests are in understanding how the brain and spinal cord contribute to the control of voluntary movements in healthy humans and in individuals with spinal cord injury. She uses this mechanistic knowledge to develop rehabilitation therapies following CNS damage.

**COURSE FACULTY**

Allen W. Heinemann, PhD, ABPP, FACRM  
Director, Center for Rehabilitation Outcomes Research, Shirley Ryan AbilityLab  
Professor, Department of Physical Medicine and Rehabilitation, Northwestern University’s Feinberg School of Medicine  

He completed a doctoral degree in psychology at the University of Kansas, is a diplomate in Rehabilitation Psychology, and a fellow of the American Congress of Rehabilitation Medicine and the American Psychological Association. He is a past-president and fellow of the American Congress of Physical Medicine and Rehabilitation and the Rehabilitation Psychology division of the American Psychological Association. He serves as co-Editor-in-Chief for the *Archives of Physical Medicine and Rehabilitation*, and is on the editorial boards of *Rehabilitation Psychology*, *Journal of Head Trauma Rehabilitation*, and several other journals. He is the author of more than 300 articles and is the project director of two Advanced Rehabilitation Research Training Award from the National Institute on Disability, Independent Living, and Rehabilitation Research. He received the Distinguished Career Award from the Rehabilitation Psychology division of APA.

Andrei Krassioukov, MD, PhD, FRCPC  
Professor, Department of Medicine, Division of Physical Medicine and Rehabilitation, University of British Columbia  
Staff Physician, Spinal Cord Injury Program, Physical Medicine and Rehabilitation, Vancouver Acute (GF Strong)  
Associate Director & Scientist, Rehabilitation, International Collaboration on Repair Discoveries (ICORD), UBC, Vancouver, BC, Canada  

Professor Krassioukov is a clinician-scientist and an internationally recognized leading expert in the area of autonomic dysfunctions following spinal cord injury.
Injury (SCI). He obtained his MD degree in Russia, followed by PhD at the Ivan Pavlov Institute of Physiology, St Petersburg, Russia. Dr. Krassioukov holds an endowed Chair in Spinal Cord Rehabilitation Research, UBC. Globally he is involved in leading organizations with focus on SCI, including: Chair of the International Autonomic Standards Committee for the American Spinal Injury Association and International Spinal Cord Society (ASIA/ISCOS); Member of ISCOS Council; President of American Spinal Injury Association (ASIA). Dr. Krassioukov's research is supported by grants from the Canadian Institute for Health Research, Canadian Heart and Stroke Foundation, Canadian Foundation for Innovation, Rick Hansen Institute, H. Craig Neilsen Foundation, Christopher and Dana Reeve Foundation, Wings for Life and many others. He has published more than 290 peer-reviewed manuscripts, books, book chapters and reviews. He is a member of numerous advisory boards for the international agencies involved in research in the area of SCI and disability. Dr. Krassioukov's work in the area of SCI has been recognized through numerous national and international awards including the inaugural Alan Brown Award from ASIA. In recognition of his research excellence and leadership he was elected as a fellow of the Canadian Academy of Health Sciences.

Mark Stephan
Motivational Speaker and Survivor

On August 11, 2007, Mark Stephan was bicycling with his friends in the Chicago suburbs, just like he did every Saturday morning. But that morning, something went terribly wrong with Mark's bike. After riding for several miles, his front wheel unexpectedly disengaged from the bicycle. This malfunction catapulted Mark over his handlebars onto the ground, where his head hit the pavement at full force. His neck snapped. The horrific accident fractured the C2 and C3 vertebrae of his spinal cord, paralyzing him from the neck down. At age 49, Mark was lucky to be alive. The accident left him a quadriplegic, and doctors were blunt: life in a wheelchair was the best he could expect. Mark refused to accept his grim prognosis. Mark left the hospital less than five months after his accident—walking under his own power. After his emotional departure, Mark continued his progress by combining intensive therapy, work with personal trainers and clinical studies at the Rehabilitation Institute of Chicago.
Lawrence C. Vogel, M.D.
Chief of Pediatrics, Emeritus, Shriners Hospitals for Children – Chicago
Professor, Department of Pediatrics, Rush Medical College

Lawrence C. Vogel, M.D. was the Medical Director of the Spinal Cord Injury program at the Chicago Shriners Hospitals for Children from its inception in 1983 to 2017 and remains an active member of the medical staff there. Dr. Vogel received his B.A. degree with distinction from Northwestern University and his Medical Degree from the University of Illinois. Dr. Vogel is a Professor of Pediatrics at Rush Medical College and an Adjunct Professor of Biomedical Engineering at Marquette University. Dr. Vogel is Past President of the Chicago Pediatric Society, the American Paraplegia Society, and the American Spinal Injury Association and the former Chairman of the steering committee of the Consortium for Spinal Cord Medicine. He was the Co-Chair of the NINDS Common Data Elements committee for pediatric spinal cord injury in 2015-2016. Dr. Vogel is on the Board of Directors of the Steel Assembly, an affiliate of the American Spinal Injury Association. Dr. Vogel has authored over 175 articles in peer-reviewed journals, 26 book chapters, one textbook, nearly 400 presentations or posters and 20 instructional courses at national and international medical meetings, and co-edited one book. Dr. Vogel has been the PI or Co-I for approximately 25 funded research studies, and he is currently a principal investigator for a Craig H Nielsen Foundation grant. Dr. Vogel has received the following honors: the James J. Peters Distinguished Service Award and Lectureship in 2013; the American Spinal Injury Association Life Time Achievement Award in 2016; the American Congress of Rehabilitation Medicine, Pediatric Rehabilitation Award Lecture in 2016; the Estin Comarr Award for Distinguished Clinical Service in 2017; named a Fellow of the American Spinal Injury Association in 2018; and the Jayanthi Lecturer in 2019.

Eva Widerström-Noga, DDS, PhD
Professor of Neurological Surgery and Rehabilitation Medicine
University of Miami, Miller School of Medicine
Principal investigator of the Clinical Pain Research Laboratory of The Miami Project to Cure Paralysis

Dr. Widerström-Noga expertise is in cross-disciplinary pain research (pain physiology and pain psychology) in neurotrauma populations (spinal cord injury and traumatic brain injuries). She has performed human pain research for more than 25 years and in the field of SCI for over 22 years. She has adapted outcome measures used to classify and assess pain in other chronic pain populations to people with SCI. She has published over 65 peer reviewed journal articles and written ten book chapters on pain and pain assessment. Her present research program is interdisciplinary and involves both qualitative and quantitative pain methodologies including quantitative sensory testing and MR spectroscopic brain imaging. Dr. Widerström-Noga has been instrumental in developing, presenting, and promoting the International SCI Pain Data Sets and the NINDS CDEs for SCI and Pain.

Corrie Abegglen, PT, MSPT
Senior Physical Therapist, Wheeling Day Rehabilitation, Shirley Ryan AbilityLab

Kathryn Abplanalp, MOT, OTR/L†
Senior Occupational Therapist, Shirley Ryan AbilityLab Inpatient Spinal Cord Injury Program
Jack Avila, PT, DPT, FAAOMPT
Board-Certified Clinical Specialist in Neurologic Physical Therapy, Senior Physical Therapist, Outpatient Orthopedics, Shirley Ryan AbilityLab

Jason Barbas, PT, DPT, NCS†
Board-Certified Clinical Specialist in Neurologic Physical Therapy, Therapy Director, Ability Labs and Internal Staff Development, Shirley Ryan AbilityLab

Kelly Breen, MS, OTR/L†
FES lab therapist, Arms & Hands Lab, Shirley Ryan AbilityLab
Research therapist, SMU Lab, Arms & Hands Lab, Shirley Ryan AbilityLab, SCI Course Committee

Laura Doyle, PT
Board-Certified Clinical Specialist in Neurologic Physical Therapy, Physical Therapy Practice Leader/Neurologic, Shirley Ryan AbilityLab, NU-SRALAB Neurological Physical Therapy Residency Co-Director

Kyle Fahey, PT, DPT
Senior Physical Therapist, Pain Management Lab Therapist, Shirley Ryan Ability Lab

Kristen Forand, M.A., CCC-SLP†
Senior Speech and Language Pathologist – 22nd floor Spinal Cord Injury Innovation Center
Allied Health Training and Orientation Manager – Staff Development

Piper Hansen, OTD, OTR/L, BCPR
Clinical Practice Leader, Shirley Ryan AbilityLab
Clinical Assistant Professor, Academic Fieldwork Coordinator, University of Illinois at Chicago

Marisa Hernandez, OTD, OTR/L†
Occupational Therapist, Spinal Cord Innovation Center, Shirley Ryan AbilityLab

Sara Hobbs, PT, DPT†
Board-Certified Clinical Specialist in Neurologic Physical Therapy, Therapy Manager, Spinal Cord Innovation Center, SCI Course Committee

Jennifer H. Kahn, PT, DPT
Associate Professor, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Co-Director NU-SRALab Neurologic Residency, Department of Physical Therapy and Human Movement Sciences, Feinberg School of Medicine

Amanda Myron Olson, PT, DPT, NCS†
Board-Certified Clinical Specialist in Neurologic Physical Therapy, SCI Innovation Center Manager, Shirley Ryan AbilityLab Spinal Cord Injury Program, SCI Course Committee

Lindsey Yingling, PT, DPT, NCS†
Senior Physical Therapist, Spinal Cord Innovation Center, Rehabilitation Technologies & Outcomes Lab

Colleen Zale, OTR/L, PT, DPT†
Occupational Therapist, Physical Therapist, Spinal Cord Innovation Center
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Introduction to the course*</td>
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<tr>
<td>8:30</td>
<td>From Low to High: Autonomic Instability following Spinal Cord Injury &amp; Evaluation of autonomic dysfunctions following spinal cord injury: Dysautonomia 101* Dr. Andrei Krassioukov, MD, PhD, FRCPC</td>
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<tr>
<td>9:30</td>
<td>Evaluation of neuropathic pain after SCI * Eva Widerstrom-Noga, DDS, PhD</td>
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<tr>
<td>10:15</td>
<td>Discussion* moderated by Monica A. Perez, PT, PhD</td>
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<tr>
<td>10:45</td>
<td>BREAK</td>
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<tr>
<td>12:00PM-1:30PM</td>
<td>Workshop #1 Physiological impairment level assessment: Spasticity, Sensory, TMS</td>
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<tr>
<td>1:30-2PM</td>
<td>BREAK</td>
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<tr>
<td>2:00-3:45PM</td>
<td>Workshop #2 Assessment and Intervention for Management of Shoulder Kyle Fahey &amp; Jack Avila (1 hour pre-work)</td>
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<tr>
<td>3:45</td>
<td>End of Day 1</td>
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**Thursday, June 4, 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:45</td>
<td>Waiting Room Opens</td>
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<tr>
<td>8:00</td>
<td>Monica A. Perez, PT, PhD The Role of Physiology in Clinical Assessments after Spinal Cord Injury*</td>
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<tr>
<td>8:30</td>
<td>Lawrence Vogel, MD Outcomes in adults with pediatric onset spinal cord injury*</td>
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<tr>
<td>9:00</td>
<td>Moderator: Allen Heinemann, PhD</td>
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<tr>
<td>9:30</td>
<td>BREAK</td>
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<tr>
<td>10:00</td>
<td>Workshop #3 ISNCSCI Performance and Assessment Laura Doyle, Piper Hansen, and Amanda Olson (1 hour prework)</td>
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<tr>
<td>12:00PM</td>
<td>BREAK</td>
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<tr>
<td>1:00</td>
<td>Workshop #4 Seating and Positioning Corrie Abegglen &amp; Sara Hobbs. (1 hour prework)</td>
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<tr>
<td>3:00</td>
<td>End of Day 2</td>
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Friday, June 5, 2020

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:45</td>
<td>Waiting Room</td>
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<tr>
<td>8:00</td>
<td>Measuring Outcomes in SCI * Allen Heinemann, PhD</td>
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<tr>
<td>8:45</td>
<td>ADL Panel Discussion*</td>
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<td>Moderator: Kelly Breen, MS, OTR/L</td>
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<tr>
<td>9:45</td>
<td>BREAK</td>
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<tr>
<td>10:15</td>
<td>Case Study Problem Solving + Goal Setting (Small Group Session)*</td>
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<tr>
<td></td>
<td>†Faculty from Shirley Ryan AbilityLab leading small groups</td>
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<tr>
<td>12:15</td>
<td>BREAK</td>
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<tr>
<td>1:15</td>
<td>The Accidental Hero : Mark Stephan*</td>
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<tr>
<td>2:00-</td>
<td>Wrap Up End of Day 3 &amp; Conclusion of the Course*</td>
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<td>2:30</td>
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Pre-Work for Course

Facilitating Adjustment to Spinal Cord Injury  1.5 contact hours/0.15 CEU*

ON-DEMAND WEBINAR (Note: You do not have to be infront of a computer screen to watch this program)
  Jeri Morris, PhD, ABPN, Board Certified Neuropsychologist; Shirley Ryan AbilityLab

* Notes all course content that is available for ASHA CEU

<table>
<thead>
<tr>
<th>Workshops with Required Pre-Work</th>
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<tbody>
<tr>
<td>A) Assessment and Intervention for Management of Shoulder Pain</td>
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The workshop will be an interactive online session with participants that will focus on shoulder examination and evaluation, identification of common shoulder pathology, and intervention techniques for shoulder preservation in the SCI patient.

~Prior to attending this workshop, participants must listen to an online module. The module should take about 60 minutes and participants will receive 1 continuing education credit

Faculty: Kyle Fahey, PT, DPT & Jack Avila, PT, DPT, OCS, FAAOMPT
B) International Standards for the Neurological Classification of Spinal Cord Injury (ISNCSCI) Assessment Administration

This workshop was designed to enable clinicians to perform standardized neurological examinations and classification of individuals with spinal cord injury using the ISNCSCI. This workshop session is designed for those therapists with no exposure or minimal experience with performing the ISNCSCI exam. This introductory lab will review assessment administration procedures and basic interpretation to obtain neurological classification. Client case examples will be reviewed.

Participants will have the opportunity to review the administration and scoring of the examination. There will be a brief review of performing the assessment and then other time will be spent reviewing the basics of case classifications.

Participants are encouraged to practice and review the required ISNCSCI module “Performance and Assessment: ISNCSCI” of which there are two that are the most beneficial to review. These will take approximately 60 min in entirety:
  o Sensory Examination
  o Motor Examination

*Faculty: Piper Hansen, OTD, OTR/L, BCPR & Laura Doyle, PT & Amanda Olson, PT, DPT, NCS*

C) Seating and Positioning

This course will include an online review of a mat evaluation for an individual with SCI, including measurement in multiple positions for improved accuracy. Participants will have the opportunity to discuss wheelchair measurement in an interactive lab, including case examples. The course will include discussion of seating and positioning considerations for individuals with different injury levels for optimal seating systems.

Pre-course work is required, and will facilitate improved comprehension of topics covered for participants with less experience in this area.

*Faculty: Corrie Abegglen, PT, MSPT & Sara Hobbs, PT, DPT*

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### Workshops without Required Pre-Work

F) Physiological Impairment Level Assessment

In this online lab, participants will have an opportunity to review 3 different assessments that are important in patients with SCI/D. Each demonstration will review outcomes focusing on sensory function and dermatome assessment, spasticity assessment using a portable dynamometer, and transcranial magnetic stimulation (TMS). The session will feature both demonstration and instruction with cases.

*Faculty: Monica Perez, PT, PhD*
**TUITION**

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<tbody>
<tr>
<td>Registration Fee</td>
<td>$ 600</td>
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<tr>
<td>SLP Registration Fee</td>
<td>$300</td>
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**CANCELLATION POLICY**

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until **May 27, 2020**. The Academy reserves the right to cancel or change any programs for due cause. Cancellation of a program by the Academy will result in a full refund of tuition. The Academy is not responsible for the refund of travel or hotel expenses under any circumstance.

**IMPORTANT REGISTRATION INFORMATION**

Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed or faxed registrations. **Full Tuition must accompany the registration form in order to confirm a place in this course.** Until you receive your **confirmation letter**, you are not officially registered for the course. For online registrations, you will receive email confirmation on the day that you register. For registrations received by standard mail or fax, the confirmation may take up to 3 weeks after we receive your registrations. If you do not receive confirmation within this period, please call 312-238-6042.

One week prior to the course, only internet registrations and faxed registrations that include an email will be accepted. Please note that the course could reach its maximum enrollment before this time.

**LOCATION**

The program will be held online.

**Teaching modality/Delivery method**

This course is taught virtually using Zoom, an online meeting platform, and the Academy Learning Portal, and other online learning materials.

**TECHNOLOGY REQUIREMENTS**

To participate, you will need access to a computer with an Internet connection. High-speed broadband access (LAN, Cable or DSL) is highly recommended.

- Internet connection: broadband wired or wireless (3G or 4G/LTE)
- Web browser: Windows: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+
  - Mac: Safari 7+, Firefox 27+, Chrome 30+
  - Linux: Firefox 27+, Chrome 30+
- JavaScript and Cookies enabled
- Flash Player 9+
- Speaker or headset to listen to audio files and participate in Zoom calls

**ACCESSIBILITY**

Please contact the Academy if you require special accommodations for this course.
CONTINUING EDUCATION CREDIT

Physical Therapy
This three-day course has been approved by the Illinois Physical Therapy Board for 20.50 contact Hours (4.5 hours pre-work & 16 hours live). Approval #216-000069

The Shirley Ryan AbilityLab is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This three-day course has been approved for 20.50 Contact Hours (4.5 hours pre-work & 16 hours live).

Occupational Therapy

The Shirley Ryan AbilityLab is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. The three-day intermediate level program awards occupational therapists 2.05 CEU or 20.5 contact hours of distance learning (4.5 hours of independent & 16 hours interactive). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA CLASSIFICATION CODE: CATEGORY 2: Occupational Therapy Process – Evaluation, Intervention, & Outcomes.

Nursing
Shirley Ryan AbilityLab (OH-362, 12/01/2020-127KAS ) is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. This CNE activity is being offered for 16 (live online) and 4.5 (pre-work) contact hours.

Speech-Language Pathology

This course is offered for up to 1.05 ASHA CEUs (0.15 pre-work and 0.9 live course) (Intermediate level, Professional area).

All course content that is available for ASHA CEU is denoted with *

A full list of faculty disclosures for ASHA is available at: https://ricacademy.sharefile.com/d-s891d736a708414bb

We’d like to extend a special thank you to Merz for their educational grant which supports the Academy at the Shirley Ryan AbilityLab and helps us pull together programs such as this.
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<td>$300</td>
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Questions? Contact Melissa Kolski, at mkolski@sralab.org or 312-238-7731

### Mail to:

**Academy**  
Shirley Ryan AbilityLab  
355 E. Erie Street, Suite 12-West  
Chicago, Illinois 60611

Please **TYPE or PRINT** your name and professional initials (MD, OT, PT, RN, etc.) as you would like them to appear on your continuing education certificate.

First Name _______________________________ Last Name _______________________________

Home Phone ( ) Prof. Initials __________________

Home Address ______________________________

City __________________ State __________ Zip __________

Organization/Facility ______________________

Work Address ______________________________

City __________________ State __________ Zip __________

Work Phone ( ) Fax ( )

Position _________________________________

E-mail (required) ___________________________

Please note: registration will not be processed without full payment.

### Method of Payment:

- [ ] Check enclosed (Payable to: Shirley Ryan AbilityLab)
- [ ] Credit Card

Credit Card Users Must Complete the Following Information:

- [ ] MasterCard
- [ ] VISA
- [ ] American Express

Credit Card # ____________ - ____________ - ____________ - ____________ - ____________

Expiration Date _ / _  
CVV ______ (security code on back of card)

Name on Card __________________________________________________________

Billing Address _________________________________________________________

City __________________ State __________ Zip __________

Cardholder’s Signature ________________________________________________

Credit card registrations may be mailed or faxed to: 312-238-4451.

Register Online at [www.sralab.org](http://www.sralab.org) or complete the form below and return with payment.