

2009 Course Dates & Locations

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This course is 15 contact hours/1.5 ceus. Florida therapists, this course is 18 contact hours/1.8 ceus

NAS courses presented in Texas are submitted for ceu approval to the TPTA. This course will be submitted to the Nevada State Board of Physical Therapy Examiners for continuing education approval for physical therapists. NAS is an approved provider by the IDPR for physical therapists licensed in Illinois. NAS courses presented in Florida are submitted to the FPTA for ceu approval. This course has been approved by the OPTA for physical therapists licensed in Ohio. Ohio approval #0830546. This course is approved for ceus for physical therapists in the state of Tennessee, approval number #1807. The Illinois, Kentucky, Texas, Oregon, Tennessee, New Hampshire, Nevada, South Carolina, Delaware, Rhode Island, Missouri, North Carolina, Virginia and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. North American Seminars, Inc. is an AOTA provider for continuing education. AOTA does not endorse specific course content, products, or clinical procedures. AOTA Provider #4487. This course can be used for continuing competency for license renewal for occupational therapists in the state of California. FL OT Provider# 50-1442, BOC Provider# P2047.

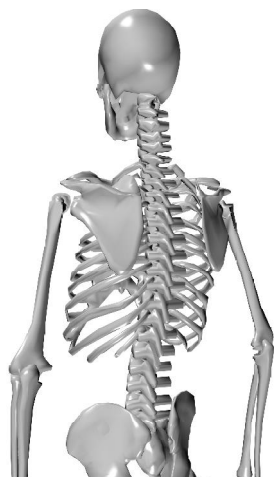
Recommended Reading

Rehabilitation Protocols for Surgical and Nonsurgical Procedures of the Lumbar Spine, by Carol McFarland and Don Burkhart, \$30.00 with registration (plus applicable tax & shipping)

About the Educator

Carol McFarland, PT, MS, OCS, is a 1975 graduate of Boston University with a BS in physical therapy. She completed her MS in kinesiology at University of Texas at Tyler in 1986 and then received her Orthopaedic Clinical Specialist certification from the American Board of Physical Therapy Specialties in 1990, which was renewed in 1998. She practices in an outpatient spine center in Texas and has worked closely with the neurosurgeons in this practice since 1992. She collaborated with therapists throughout east Texas to develop rehabilitation protocols specifically for follow-up to many of the surgical and injection spine procedures. She presented these protocols through the Texas Physical Therapy Association and American Back Society several times, and published a book on the postsurgical protocols for the lumbar spine.

Developing Post Surgical Rehab Programs for the Cervical and Lumbar Spine



**Presented by
Carol McFarland, PT, MS, OCS**

**North American Seminars, Inc.
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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. A thorough understanding of the outcomes of surgery assists the therapist to develop 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. 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:

- Understand the basic anatomy pertinent to various pathologies and dysfunctions.
- Utilize mechanical and neurological evaluation techniques to help determine the best treatment approaches 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.
- Understand the differences between postsurgical and nonsurgical evaluation emphasis.
- Adapt 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.
- Understand 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.
- Understand the need for post surgical spine reporting and follow-up, especially with regard to rehabilitation and outcome.
- Understand and defend the time frames needed for proper recovery of physical function of the spine following surgery.

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 **Evaluating the Lumbar or Cervical Post Surgical Patient**
- Differences between post surgical evaluations and non surgical spine evaluations
 - Early post surgical evaluation (in hospital or within first 2 weeks)
 - Full evaluation for 4 to 6 weeks post-op
 - Example forms for history and evaluation, and flow sheets
- 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 3:00 **Manual Therapy for Nonfusion Lumbar Surgeries (Lab)**
- Soft tissue mobilization work for typical restrictions
 - Lumbar mobility work
 - Neural mobility work
 - Muscular facilitation techniques
- 3:00 3:30 **Finish Lab/Case Studies**
- Cases presented of typical nonfusion surgeries
 - Practice selecting treatments per protocol
 - Discuss possible outcomes
- 3:30 4:30 **New Procedures and Suggested Protocols to Date**
- IDET, and other percutaneous procedures
 - Artificial disc replacement
 - Kyphoplasty/vertebroplasty
- 4:30 5:30 **Interim Testing for Progress Assessment and Program Progression: The Physical Capacities Test (The PCT)**

Day Two

- 8:00 9:00 **Lumbar Fusion Surgeries**
- Types of surgeries
 - Approaches, columns involved, and instrumentation
 - Radiograph examples
 - Discussion: mechanical changes that may be expected
- 9:00 10:00 **Lumbar Fusion Surgery Protocols**
- Time frame variability
 - Strategies for pain control
 - Early care vs. longer term rehab
 - Case studies involving various types of surgery
- 10:00 10:15 **Break**
 10:15 10:45 **Discussion - Dealing with the Long Term Fusion Patient**
- Ideas for reconditioning
 - Ideas for helping with chronic pain
 - How do the precautions vary long-term vs. post surgery?
 - Preliminary hardware removal protocol

Day Two, Cont d

- 10:45 12:00 **Lumbar Fusion (Lab)**
- Exercise adaptations
 - Manual therapy techniques for postfusion
 - Comparison with techniques for nonfusion
 - precautions and time frames
 - Expanded questionnaire for surgeons on time frames
 - Case studies
- 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**



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Registration Form
 Developing Post Surgical Rehab for the Cervical & Lumbar Spine
 Registration Fee: **\$399.00**
 add \$30.00 for Lumbar Spine Book

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