



CEDARS-SINAI

DEPARTMENT OF PHYSICAL  
MEDICINE AND REHABILITATION

# OPTIMIZING POTENTIAL THROUGH SPINAL CORD INJURY REHABILITATION

SATURDAY, SEPTEMBER 6, 2014  
7:30 AM TO 4:00 PM

*This course is designed to update physiatrists, neurologists, neurosurgeons, internists, family physicians, and allied healthcare professionals in the care and rehabilitation of patients with spinal cord injuries.*



## CONFERENCE LOCATION:

LUXE SUNSET BOULEVARD HOTEL  
11461 SUNSET BOULEVARD  
LOS ANGELES, CALIFORNIA 90049  
(310) 476-6571  
LOS ANGELES, CA 90049

For the latest course information and to register visit  
[www.csmc.edu/cme](http://www.csmc.edu/cme) and click on CME courses.

# ACTIVITY INFORMATION

## COURSE DESCRIPTION

Every year, between 250,000 and 500,000 people in the United States have a devastating spinal cord injury, with long-term, disabling consequences. Advances in technology and research have created alternative options in the management and rehabilitation of this population.

This one-day course will provide physiatrists, neurologists, neurosurgeons, internists, family physicians, and allied health practitioners with updates in the clinical management and rehabilitation of patients with spinal cord injury and facilitate the development of competent practitioners to address these needs.

Our special guest presenter will give a lecture on the challenges and progress of living with SCI.

## COURSE OBJECTIVES

- Recognize the importance of understanding mechanisms of injury and the neurological classification system used in the spinal cord injury population.
- Identify the criteria and current resources available for the use of exoskeletons in the rehabilitation of SCI patients.
- Cite two psychosocial assessment tools used to aid in the management of adjustment disorders commonly seen in the SCI population.
- List the criteria used to identify patients that may be candidates for the use of implantable E-stim.
- Identify the current assessment and management techniques of medical issues and complications resulting from spinal cord injury and appropriately integrate these techniques in the care of patients.
- Apply SCI rehabilitation practice guidelines to improve functional outcomes in this population.

## ACCREDITATION STATEMENT

Cedars-Sinai Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



## CREDIT DESIGNATION STATEMENT

Cedars-Sinai Medical Center designates this live educational activity for a maximum of 6.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## NURSES

The California State Board of Registered Nursing accepts courses approved by the ACCME for category 1 credit as meeting the educational requirements for license renewal.

## ALLIED HEALTH PRACTITIONERS

Cedars-Sinai Medical Center is an approval provider for the Physical Therapy Board of California, American Occupational Therapy Association, California Speech-Language Pathology and Audiology Board and the California Board of Behavioral Sciences. This course meets the qualifications for 6.25 hours.

## POLICY ON DISCLOSURE

It is the policy of Cedars-Sinai Medical Center to ensure balance, independence, objectivity, and scientific rigor in all of its educational activities. Cedars-Sinai Medical Center assesses conflict of interest with its faculty, planners and managers of CME activities. Conflicts of interest that are identified are resolved by reviewing that presenter's content for fair balance and absence of bias, scientific objectivity of studies utilized in this activity, and patient care recommendations.

While Cedars-Sinai Medical Center endeavors to review faculty content, it remains the obligation of each physician or other healthcare practitioner to determine the applicability or relevance of the information provided from this course in his or her own practice.

## ACKNOWLEDGMENT

Educational grant support for the course is pending. Any commercial support received will be acknowledged at the meeting.

# AGENDA

## OPTIMIZING POTENTIAL THROUGH SPINAL CORD INJURY REHABILITATION

SEPTEMBER 6, 2014

**7:30 AM REGISTRATION AND CONTINENTAL BREAKFAST**

**8:00 WELCOME AND OVERVIEW, PRE-TEST** *Richard Riggs, MD*

**8:15 ACUTE SCI MECHANISMS OF INJURY** *J. Patrick Johnson, MD*

**9:00 SCI REHABILITATION: TOP 5 ISSUES** *Sophia Chun, MD*

**9:45 BREAK**

**10:00 THE EXOSKELETON: ROBOTICS IN SCI** *Arun Jayaraman, PT, PhD*

**10:45 LIVING WITH SCI** *Anthony Orefice*

**11:15 PSYCHOLOGICAL ADJUSTMENT AND RISKS  
IN THE SCI POPULATION** *Jeffrey Wertheimer, PhD*

**11:45 LUNCH**

**12:45 PM STATUS UPDATE:  
ELECTRICAL STIMULATION TECHNOLOGY** *Daniel Lu, MD, PhD*

**1:30 CONSIDERATIONS FOR SCI MANAGEMENT:  
BOWEL AND BLADDER** *Jay Rosenberg, MSN,  
CRRN, CNML*

**2:00 BREAK**

**2:15 SEXUALITY IN SCI** *Stefanie Brewer, PT, DPT, NCS  
Stephanie Kokesh, OTD, OTR/L*

**2:45 THE FUTURE POTENTIAL OF SCI RESEARCH** *Michael Jones, PhD*

**3:30 WRAP UP, POST-TEST**

**3:45 PM ADJOURN**



# REGISTRATION

## OPTIMIZING POTENTIAL THROUGH SPINAL CORD INJURY REHABILITATION

SEPTEMBER 6, 2014

### REGISTRATION METHODS:

**ONLINE** registration: [www.csmc.edu/cme](http://www.csmc.edu/cme) and click on CME Courses

**MAIL** form to: Cedars-Sinai Medical Center,  
Office of Continuing Medical Education;  
Attn: Registration  
8797 Beverly Boulevard, Suite #250,  
Los Angeles, CA 90048

**FAX** form to: (310) 423-8596

For additional course or registration information call (310) 423-5548.

*Please print clearly*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Degree \_\_\_\_\_ Specialty \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

\* Email \_\_\_\_\_

\* An email address is required to register for the conference.

### REGISTRATION FEES

Received by 08/22/14

Received after 08/22/14

### PHYSICIAN

☐ \$175

☐ \$225

### ALLIED HEALTH PROFESSIONAL

☐ \$110

☐ \$150

### \*RESIDENT/FELLOW

☐ \$50

☐ \$95

Check enclosed payable to CSMC for \$ \_\_\_\_\_

Please charge my credit card ☐ Visa ☐ MasterCard ☐ AmEx for \$ \_\_\_\_\_

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Authorized Signature \_\_\_\_\_

### How did you learn about this CME activity?

☐ Brochure

☐ Internet Search

☐ Cedars-Sinai Website

☐ Previous Attendee

☐ Email

☐ Other \_\_\_\_\_

☐ Colleague

### CONFIRMATION

If you do not receive a confirmation by August 30, 2014 please call (310) 423-5548 to confirm that you are registered. If you do not receive a confirmation, please call (310) 423-5548 to confirm your registration.

### REFUND POLICY

All cancellations must be submitted in writing and refunds will be subject to a \$50 administrative charge. No refunds will be given after Friday, August 22, 2014.

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you.



For further information, please call the Office of Continuing Medical Education at (310) 423-5548 or 423-2935 or email [stokes@cshs.org](mailto:stokes@cshs.org).

# FACULTY

## CEDARS-SINAI MEDICAL CENTER FACULTY

**RICHARD V. RIGGS, MD**

*Course Director*  
Chairman and Medical Director  
Clinical Professor  
Cedars-Sinai Department of Physical  
Medicine and Rehabilitation

**PAMELA ROBERTS, PHD, CPHQ**

*Co-Course Director*  
Program Director  
Cedars-Sinai Department of  
Physical Medicine and Rehabilitation

**STEFANIE BREWER, PT, DPT, NCS**

Physical Therapist III  
Inpatient Rehabilitation  
Cedars-Sinai Department of  
Physical Medicine and Rehabilitation

**J. PATRICK JOHNSON, MD**

Director  
Neurosurgery Spine Education  
& Fellowship  
Department of Neurosurgery  
Cedars-Sinai Spine Center

**STEPHANIE R. KOKESH, OTD, OTR/L**

Occupational Therapist II  
Acute Therapy Services  
Cedars-Sinai Department of  
Physical Medicine and Rehabilitation

**JEFFREY WERTHEIMER, PHD,  
ABPP-CN**

Neuropsychologist  
Cedars-Sinai Department of  
Physical Medicine and Rehabilitation

## GUEST FACULTY

**SOPHIA N. CHUN, MD**

Chief, SCI/D HCG  
VA Long Beach Healthcare System  
Long Beach, CA

**DANIEL C. LU, MD, PHD**

Director, Neuroplasticity and  
Repair Laboratory  
and the UCLA Neuromotor Recovery  
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Assistant Professor  
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**ARUN JAYARAMAN, PT, PHD**

Director, Max Nader Center  
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**MIKE JONES, PHD**

Vice President,  
Research and Technology  
Co-Director  
Virginia C. Crawford Research  
Institute at Shepherd Center  
Atlanta, GA

**JAY H. ROSENBERG, MSN,  
CRRN, CNML**

Director  
Nursing and Ancillary Services  
Kessler Institute for Rehabilitation  
West Orange, NJ

# ACTIVITY DETAILS

## CONFERENCE LOCATION

Luxe Hotel Sunset Boulevard  
11461 Sunset Boulevard  
Los Angeles, California 90049  
(310) 476-6571

## DIRECTIONS

- Take the 405 Freeway and Exit at Sunset Boulevard.
- Proceed West on Sunset Boulevard. The Luxe Hotel will be on the North side.



**CEDARS-SINAI<sup>®</sup>**

**CONTINUING MEDICAL EDUCATION**

8797 Beverly Blvd., Suite 250  
Los Angeles, CA 90048

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