

Developing Post Surgical Rehab Programs for the Cervical and Lumbar Spine

About the Educator

Carol McFarland PT, PhD, 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, then her PhD in Physical Therapy (with an orthopedic focus) at Texas Woman's University in 2012. She received her Orthopaedic Clinical Specialist certification from the American Board of Physical Therapy Specialties in 1990, which was renewed in 1998, and again in 2008. Her research interests are in the area of exercise and activity-based management of orthopedic disorders, particularly spinal disorders. She collaborated with therapists and spine specialists throughout East Texas to develop protocols specifically for follow up to many of the surgical and injection spine procedures. With the help of American Back Society and a group of neurosurgeons in East Texas, the initial protocols for the lumbar spine procedures were published in 2001.

Two educational training films designed to increase your understanding of the material in this course. These are optionally added to your registration.

Film #1 - Evaluation and Treatment of the Post Surgical Lumbar and Spine Patient. This film includes guided step-by-step examination and treatment techniques.

Film #2 - Treatment of the Post Surgical Lumbar and Spine Patient. Extensive additional treatment techniques, guided step-by-step. In addition, this film includes a special interview with Dr. Charles Gordon, MD, a Board certified Neurological surgeon. Dr. Gordon discusses surgical techniques and rehab implications for the post surgical spine.

Both films contains unique information from Carol McFarland's career treating the post surgical lumbar and spine patient.

These films are offered at a pre-release price. Purchase the DVD with your registration, \$99.95 per DVD or \$150.00 for 2 DVD set. with no shipping to course site, (regularly. \$129.95/\$199.90 plus \$15 shipping).

These films are not available online and can only be purchased with registration. These films are delivered on DVD and may not be available onsite at the course.



Presented by
Carol McFarland, PT, PhD, OCS
PT, OT, PTA and ATC - Continuing Education Course

North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
www.healthclick.com

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. Because of the importance of functional outcomes in the new healthcare environment, an additional section will be dedicated to evidence based outcome measures for spinal disorders and neurologic deficits. A thorough understanding of the outcomes of surgery will assist the therapist in developing 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. A wealth of new evidence on exercise specificity is available for therapists and will be included throughout the course. In addition, the instructor's recently completed clinical trial on early PT intervention for post fusion will be presented as well as additional evidence based information on establishing a comprehensive pre and post op program. 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 approach 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 post surgical 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.

This course is 15 contact hours/1.5 ceus /ccu's

This course is 18 contact hours/1.8 ceus for Alaska, New York, Florida, Illinois or the District of Columbia licensed therapists

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 **Evidence Based Evaluation and Functional Outcome Testing**
- Musculoskeletal measures
 - Neurologic testing review
 - Post surgical assessments
 - Functional outcome measures
- 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 3:30 **Manual Therapy for Nonfusion Lumbar Surgeries (Lab and Discussion)**
- Evidence based approaches to manual therapy and clinical decision making
 - Soft tissue mobilizations
 - Lumbar spine mobilizations
 - Neural mobilizations
 - Muscular facilitation techniques
- 3:30 4:30 **Interim Testing for Progress Assessment and Program Progression: The Physical Capacities Test (The PCT)**
4:30 5:30 **New Procedures and Suggested Protocols to Date**
- IDET
 - Nucleoplasty
 - Minimally invasive techniques
 - Adapting protocols to percutaneous procedures

Day Two

- 8:00 8:45 **Case Studies and Non Fusion (Review)**
- Cases presented of typical nonfusion surgeries
 - Practice selecting treatments per protocol
 - Discuss possible outcomes
- 8:45 9:45 **New Procedures (continued)**
- Disc replacement
 - Kyphoplasty
 - Vertebroplasty
 - X-stop
- 9:45 10:00 **Break**
10:00 11:30 **Lumbar Fusion Surgeries and Protocols**
- Approaches and common fixations
 - Time frame considerations for introducing reconditioning
 - Strategies for symptom control
 - Case studies
- 11:30 12:00 **Integrating Precautions**
- Review of manual therapy techniques
 - Soft tissue mobilizations
 - Muscle facilitation
 - Therapists assisted stretching
 - Which are appropriate and helpful for fusion?

Day Two, Cont'd

- 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

Profession

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Credit Card

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Phone (required)

e-mail (required)

Location of attendance



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