



Physical Agent Modalities (PAMs) for OT Practitioners: Preparation for Certification

October 5 & 6, 2019 | Manchester
Saturday 8am – 5pm, Sunday 8am - 12pm

Cost: \$325 (web or live course only) \$475 (full course)
CEUs: 12-24

Instructor: Willow Henry, PT, DPT, CWS, CLT

Location: 670 North Commercial Street, Suite 301,
Manchester, NH 03101

Physical agent modalities (PAMs) can be a valuable adjunct treatment to enhance outcomes of patients receiving therapy services. This course is geared toward OT practitioners and aims to educate the therapist in how to incorporate safe and effective application of PAMs into their current clinical practice. The course consists of a web-based component, and a 2-day live workshop for lab demonstration and practice opportunities. This course follows NH state guidelines for PAMs certification including the required 15 hrs in electrical stimulation education, and 6 hours in ultrasound education (**Note: participants will still have to complete supervision requirements following the course to apply for NH state PAMs certification**).

Course Objectives:

Following the course, participants will demonstrate knowledge of:

- Physical Agent Modality (PAM) terminology
- Biophysical principles of application of PAMs
- Physiologic response of tissue to application of PAMs
- Clinical use and parameters for application of PAMs
- Contraindications, precautions, and warnings for safe use of PAMs
- Modulation of parameters to modify desired effect of PAMs
- Safe use and maintenance of PAM equipment and topical medications
- Patient education about PAM risks, benefits, and application
- PAM selection and clinical rationale/indications for patients

What to Expect:

Participants registered for the full course will receive a packet in advance of the course which includes access to the web course, a PAMs textbook, and a study binder to maximize the learning process and assist with the web-based learning module. Participants must pass the post-test of this module with a score of 75% before attending the live workshop. Class size is limited to ensure ample opportunities for individual instruction and practice.

Additional options include:

2-day Live Workshop Only Option: 2-day (12 CEU) live workshop that includes handouts (textbook available for purchase at the course). **\$325**

Web Course Only Option (NEW!): 12 CEU web course that includes a textbook, binder and handouts. **\$325**

Course Agenda:

Cold Modalities

- Physical Principles of Tissue Cooling
- Types of Cold Modalities
- Contraindications and Precautions
- Clinical Indications/Applications/Decision Making

Heat Modalities

- Physical Principles of Tissue Heating
- Types of Heat Modalities
- Contraindications and Precautions
- Clinical Indications/Applications/Decision Making

Ultrasound

- Physical Principles of Ultrasound
- Thermal & Subthermal Effects
- Physiologic Response to Sound Waves
- Contraindications and Precautions
- Treatment Parameters
- Clinical Indications/Applications/Evidence
- Alternative US Applications (phonophoresis, water)

Electrical Stimulation

- Physical Principles of Electricity
- Types of Waveforms and Currents
- Physiologic Response to Electrical Current
- Contraindications and Precautions
- Types of Electrical Stimulation (NMES, HV, TENS, IFC)
- Treatment Parameters
- Clinical Indications/Applications/Evidence
- Iontophoresis

Clinical Indications/Decision Making for Use of PAMs

- Pain
- Loss of Motion
- Strengthening
- Tissue Healing (inflammation, wounds)
- Edema



Alternative Ultrasound (US) Applications



Neuromuscular Electrical Stimulation (NMES)



Small class size and relaxed learning environment

What to Bring to Live Workshops:

Participants should dress comfortably, but in layers to permit access to pertinent anatomy (tank top, etc).

Please bring to lab each day:

- ✓ your binder and textbook
- ✓ a towel, facecloth, and sheet
- ✓ beverage/water, snacks, lunch

Testimonials:

"Exceeded my expectations - I learned SO much more than I thought! I was doing a lot wrong! eek!" - Amy G.

"Exceeded expectations - the total package of learning from background to parameters. Loved the hands on and case studies. I don't know how PAMs could be exclusively online training." - Melanie G.

"Very informative and helpful. I am a hands on learner so having equipment to try - both for the learning and setup and experiencing the sensation of being the patient was invaluable!" - Lisa B.

Cancellation Policy:

*Participants must notify Right Hand Therapy regarding all requests for cancellation via phone or email. No cancellations or refunds provided for **Web Course Only** registrations. Partial refunds will be provided for cancellation of **Full Course** and **Live Workshop Only** registrations more than 21 days prior to the live course (less \$325 for the web course component if **Full Course**). No refunds provided for cancellations within 21 days of a live workshop. Right Hand Therapy reserves the right to reschedule a live workshop with fewer than 6 participants. In this event, a rescheduled workshop will be offered within 3 months of the originally scheduled date.*

Registration Options

Online: www.righthandtherapy.com

Phone: 603-821-0544

Mail Sign Up Form:

Name: _____

Credentials: _____

Email: _____

Phone: _____

Address: _____

Course Registration for October 2019 (check one):

- ☐ PAMs Full Course (online & live) \$475
- ☐ PAMs 2-day Live Workshop only \$325
- ☐ PAMs Web Course only \$325

Form of payment (circle one): check credit card
Please make checks payable to **“Right Hand Therapy”**

Credit Card #: _____

CVV: _____

Expiration Date: _____

Zip code: _____

Please charge my credit card: \$ _____

Signature: _____

Please detach form & mail with payment to:



Right Hand Therapy
P.O. Box 1114
Merrimack, NH 03054