

**Advancing Your Casting Skills:
Fabrication & Clinical Decision-Making
for the Upper Extremity**

June 25–27, 2025
In-person



Advancing Your Casting Skills

The Academy is the educational arm of Shirley Ryan AbilityLab (formerly RIC), a non-profit rehabilitation hospital in Chicago that has been ranked number one by *US News and World Report* since 1991. The Academy offers a wide range of accredited programs with the common goal of improving patient outcomes through clinical excellence. Our commitment to sharing the best evidence and rehabilitation practice with clinicians around the globe has always been an integral part of our mission.

The Academy is committed to creating an inclusive, authentic and comfortable learning environment that celebrates and supports all learners. We are dedicated to providing the highest-quality teaching regardless of race, age, ethnicity, nationality, gender, sexual orientation/identity, ability, religion, language or culture. Above all, we believe that everyone should feel safe, respected and welcomed when attending our programs at the hospital or online. We encourage the sharing of experiences and perspectives so we can learn from one another, and from our varied points of view.

Course Description

Serial casting is a highly beneficial intervention for patients experiencing contractures in their upper extremities. It also requires extensive practice and skill on the part of the clinician to do properly, which can be hard to acquire. This course was specially designed to provide you with both! Gain hands-on experience in the specialized practice of upper extremity serial casting, focusing on fabrication and clinical decision-making. Class size is limited to provide participants with individualized feedback from expert OT practitioners on the application, management and evaluation of serial casts. Learners will be introduced to a decision-making tool to assist in selecting appropriate situations for this intervention and outline the necessary steps to ensure safety, carryover and long-term effects. Extensive practice with cast removal and casting material will cover the fabrication of three common upper-extremity serial casts (circular elbow, drop out elbow and wrist cast.) Casting faculty will conduct clinical check-offs during the course on cast removal and fabrication. This course will provide learners with the necessary tools and confidence to use this intervention within their own area of practice.

Post-course Mentorship: After the live course, learners will be matched with a casting mentor. Over a 6 month period, learners can schedule up to three calls with their faculty mentor to discuss clinical applications or address other serial casting questions. Please note, that mentors will provide general information and cannot treat patients or provide specific patient consultations.

This unique hands-on experience is available to 18 individuals. Once the 18 spots are filled, you can email Academy@sralab.org to be added to the waiting list.

Location and Delivery Method

The program will be held at 25-27 Directions and parking details for Shirley Ryan AbilityLab can be found: [HERE](#)

Successful Completion

Participants will complete 1 hour of on-demand pre-work prior to the course in the Academy Learning Portal. During the on-site portion of the course, participants must sign in online to log attendance and complete an evaluation. All sessions and online evaluations must be completed by July 11, 2025 to receive full credit.

Who Should Attend

Occupational Therapists, Occupational Therapy Assistants, Physical Therapists and Physical Therapist Assistants

Learner Outcomes

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

- State the rationale for serial casting of the upper-extremity and determine who would be appropriate for this type of intervention
- Explain how serial casting can be used as an intervention to assist in facilitating a return to previous activities (Ex: ADL's) and be used as an intervention to decrease caregiver burden (Ex: Hygiene due to positioning)
- Demonstrate appropriate fabrication of three common serial casts for the contracted upper extremity (circular elbow, drop out elbow, wrist cast)
- Demonstrate proficiency in cast removal to allow for safe removal during patient care
- Identify and address potential complications associated with serial casting, including skin issues
- Using the clinical decision-making tool, discuss the process and education required to ensure maintenance of range gained through serial casting

Course Faculty (Listed Alphabetically)



Bridget Conniff, OTR/L

Senior I Occupational Therapist, Shirley Ryan AbilityLab

Bridget Conniff is an occupational therapist at Shirley Ryan AbilityLab. She graduated from Midwestern University in 2017 and has been working inpatient rehabilitation on the spinal cord injury unit for over six years. Bridget is an Upper Extremity (UE) Serial Casting Trainer as well as the committee lead for the UE Serial Casting Committee. Bridget assists in training serial casters throughout all levels of care (inpatient, day rehab and outpatient) to work towards their casting competencies, as well as stay up to date with current casting practice. Apart from casting, Bridget is a Skin

Champion and a part of the Skin Champions Committee, where she attends monthly meetings to help identify causes of hospital acquired pressure injuries, as well as discuss and implement pressure injury prevention strategies. Bridget also assists with administrative tasks such as manager coverage, as well as new hire orientation workshops. Bridget enjoys onboarding new hires, students and other staff members

to evidence-based assessment and interventions for patients with an SCI. Special interests include UE serial casting, pressure injury prevention with spinal cord injury patients and mentoring.



Leslie Marriott, OTR/L, BCP

Education Program Manager, Academy

*Senior II Occupational Therapist, Outpatient Pediatrics,
Shirley Ryan AbilityLab*

Leslie obtained her Master of Occupational Therapy at McMaster University in Canada in 2008 and is Board Certified in Pediatrics through AOTA.

Leslie worked at Holland Bloorview Kids Rehabilitation Hospital in Toronto, ON prior to coming to Shirley Ryan AbilityLab. She is an education program manager with the Academy at Shirley Ryan Ability, curating and coordinating best practice educational opportunities. Clinically, Leslie works as an outpatient OT on the pediatric floor at Shirley Ryan AbilityLab,

with clinical interests in robotics, CIMT, bimanual training, cognitive approaches and serial casting. Leslie assists in training serial casters throughout all levels of care (inpatient, day rehab and outpatient) to work towards their casting competencies, as well as stay up to date with current casting practice. Leslie developed and facilitated an upper extremity pediatric casting clinic within the outpatient department.



Jennifer Richert, OTR/L, BCPR

Associate Director, Internal Staff Development

Shirley Ryan AbilityLab

Jennifer Richert is an occupational therapist and the associate director of internal staff development at the Shirley Ryan Ability Lab. The staff development department oversees onboarding, education, mentoring and ongoing training needs for allied health staff across Shirley Ryan AbilityLab system of care. Jennifer has been with Shirley Ryan AbilityLab for 20 years, previously working as the clinical manager of the pain management center, where she led an interdisciplinary team working with individuals with chronic pain. Prior to this role, she served as staff therapist, program specialist and later allied health manager for the inpatient pediatric unit. One of her clinical areas of interest is serial casting and providing mentorship throughout the organization on casting clinical decision making and casting technique.



Susan Spoeri, MS OTR/L

Occupational Therapist, Shirley Ryan AbilityLab

Susan is a senior occupational therapist at Shirley Ryan AbilityLab. She currently provides occupational therapy services at Wheeling DayRehab Center®. Previously, she was the OT education program manager at the Academy. Susan has been teaching upper extremity casting for 30 years, providing guidance to new casters and experienced casters throughout Shirley Ryan AbilityLab continuum of care. Susan has facilitated casting workshops through the Academy, locally and nationally. In addition to casting, she mentors new OTs on

upper extremity management.



Kelsey Watters, CScD, OTR/L, BCPR, CBIS

Clinical Practice Leader for Occupational Therapy, Shirley Ryan AbilityLab

*Occupational Therapist, Think + Speak Lab, Shirley Ryan AbilityLab
Adjunct Instructor, University of Pittsburgh,
Department of Occupational Therapy*

Kelsey Watters is the clinical practice leader for occupational therapy at Shirley Ryan AbilityLab and senior I occupational therapist in the Think + Speak Lab. She graduated in 2011 with her master's in occupational therapy from the University of Washington, obtained her board certification in physical rehabilitation (BCPR) from AOTA in 2020 and her doctorate of clinical science (CScD) in occupational therapy at the

University of Pittsburgh in 2022. Clinically, she specializes in working with individuals recovering from traumatic brain injury (TBI) and other conditions that lead to challenges in functional cognition, vision and perception. She leads initiatives that facilitate the implementation of best practice to optimize patient outcomes.

Agenda (Central Time)

Required Self-study

Self-study work available: May 14, 2025 Self-study must be completed: June 25, 2025	Introduction to Upper Extremity Casting Presenter: Susan Spoeri, OTR/L To Do: Watch Pre-recorded presentation Complete Online Quiz Total Time: 1 hour
---	---

Day One: Wednesday June 25, 2025

7:30 am CT	Registration & Continental Breakfast 10 th Floor, Shirley Ryan AbilityLab
8: am	Welcome: Review of Course Outcomes & Expectations
8:15 am	Clinical Decision Making for UE Serial Casting
10 am	Break
10:15 am	Cast Removal ☒ CLINICAL CHECK OFF
Noon	Lunch on Your Own Optional Shirley Ryan AbilityLab Tour
1 pm	Base Layer Padding Practice One: Cotton Wrap the Elbow
2:30 pm	Break
2:45 pm	Practice Two: Cotton Wrap the Wrist ☒ CLINICAL CHECK OFF
4:30 pm	Debrief & Questions
5 pm	End of Day One

Day Two: Thursday June 26, 2025

7:30 am CT	Registration & Continental Breakfast 10 th Floor, Shirley Ryan AbilityLab
8 am	Review Day One & Clinical Quick Hits
8:30 am	Cast Number One: Circular Elbow Cast, Wrapping & Padding
10 am	Break
10:15 am	Cast Number One: Circular Elbow, Fiberglass ☒ CLINICAL CHECK OFF
Noon	Lunch on Your Own
1 pm	Cast Number Two: Drop Out Elbow Cast, Wrapping & Padding
2:30 pm	Break
2:45 pm	Cast Number Two: Drop Out, Plaster Application ☒ CLINICAL CHECK OFF
4:30 pm	Debrief & Questions
5 pm	End of Day Two

Day Three: Friday June 27, 2025

7:30 am CT	Registration and Continental Breakfast 10 th Floor, Shirley Ryan AbilityLab
8 am	Review Day Two & Clinical Quick Hits
8:30 am	Cast Number Three: Wrist Cast, Wrapping & Padding
10 am	Break
10:15 am	Cast Number Three: Wrist Cast, Fiberglass & Plaster ☒ CLINICAL CHECK OFF
Noon	Lunch on Your Own
1 pm	Practice Session of Choice 1. Circular Elbow Cast 2. Drop Out Cast 3. Wrist Cast
2:30 pm	Break
2:45 pm	Creativity with Casting
3:15 pm	Challenging Clinical Scenarios
4 pm	Post Casting & Home Programming
4:30 pm	Course Debrief & Final Questions
5 pm	End of Day Three

Course Fee

Registration Fee is \$3000.

Cancellation Policy

All cancellations must be requested by email at academy@srilab.org. Refunds less a 20 percent administrative charge will be given 30 days before the start date of the course. If the cancellation notice is received less than 30 days from the start date of the course, a credit towards a future continuing education program would be applied for one year from the start date of the canceled course. The Academy reserves the right to cancel or change any programs for due cause. The cancellation of a program by the Academy will result in a full refund of tuition.

Important Registration Information

Registrations will be taken in the order in which they are received. We highly encourage you to register online as these are processed immediately. Until you receive your confirmation emails, you are not officially registered for the course. For online registrations, you will receive email confirmation on the same day that you register. For registrations received by standard mail, full tuition must accompany the registration form to confirm your place in this course. The confirmation may take up to three weeks to process. If you do not receive confirmation within this period, please email academy@srilab.org. One week prior to the course, only internet registrations will be accepted. Please note that once the course has reached its maximum enrollment, no additional spots will become available.

Accommodations

For a list of available lodging options near the hospital, please click [HERE](#).

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 better)
- Web browser with latest stable version. Recommended browsers are Apple Safari, Google Chrome, Mozilla Firefox and Microsoft Edge
- JavaScript and Cookies enabled
- Speaker or headset to listen to audio files and participate in Zoom calls
- Do NOT use Internet Explorer, as it is not supported

Accessibility

The conference site is wheelchair accessible. Accessible materials, sign language interpretation and personal assistance are available with at least 45 days' advance notice. Please contact the Academy if you require any special accommodation for this course.

Continuing Education Credit

Occupational Therapy



American
Occupational Therapy
Association

Approved Provider

Shirley Ryan AbilityLab is an AOTA Approved Provider of professional development. Course approval ID# pending.

This Blended/Hybrid course is offered at 23.5 contact hours, 2.35 CEUs [intermediate level, foundational

knowledge/OT service delivery]. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Physical Therapy

This online course has been approved by the Illinois Physical Therapy Board for 23 contact hours (1 Hour Self-Study, 22 Live). Approval #216-000069

The Shirley Ryan AbilityLab is recognized by California and 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 for 23 contact hours (1 Hour Self-Study, 22 Live) on 07/25/2024.

Satisfies continuing education requirements in: CT, IA, MN and WA

Faculty Disclosures

Course Director's & Planning Committee Members' Disclosure Information:

Leslie Marriott, OTR/L, BCP

Has nothing to disclose

Melissa Kolski, PT, DPT

Has nothing to disclose

Speakers, Moderators & Panelists' Disclosure Information:

Bridget Conniff, OTR/L

Has nothing to disclose

Leslie Marriott, OTR/L, BCP

Has nothing to disclose

Jennifer Richert, OTR/L

Has nothing to disclose

Susan Spoeri, OTR/L

Has nothing to disclose

Kelsey Watters, OTR/L, BCPR

Has nothing to disclose

THANK YOU!

The Academy would 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.

Note: Course sponsors do not have input into the planning or delivery of course content.

Advancing Your Casting Skills

Register online at <https://www.sralab.org/academy> or complete the form below and return with payment.

Registration Fee: \$3000

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

Questions? Contact Leslie Marriott, lmariott@sralab.org 312-238-6832

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 _____