



*Rehabilitation of the Patient with
Hemiplegia: Improving Upper
Extremity Function*

Saturday, March 16, 2013

**Siebens Building
Rochester, Minnesota**

PRESENTED BY:

Jill Maraganore, P.T., M.S.

COURSE DIRECTOR:

Mary Wehde, PT, DScPT NCS
Heidi Dunfee, PT, DScPT

**Siebens Building, 11th Floor
Room 1130 Classroom
Room 1124 Laboratory
Rochester, Minnesota**

Hemiplegia

COURSE DESCRIPTION

This course will be an intermediate course to include both lecture and hands-on lab activities designed to improve upper extremity function in clients with hemiplegia. Focus will be on understanding the problems that occur in the shoulder girdle following hemiplegia. Strategies to assist in recovering function will be covered, and the issues of trunk control, problems with tone and neural tension, and perceptual changes as they contribute to upper extremity control will be addressed.

TARGET AUDIENCE

This course was designed for healthcare professionals involved in the practice of rehabilitation with an interest in the care of persons with hemiplegia. Rehabilitation physical therapists, occupational therapists, certified occupational therapy assistants, and physical therapist assistants are invited to attend.

OBJECTIVES

Upon completion of the course participants should be able to:

- Review normal anatomy and physiology of the shoulder girdle
- Understand common problems of the shoulder girdle that occur with hemiplegia
- Plan effective intervention strategies for improved motor control of the hemiplegic shoulder girdle
- Determine causes of the painful shoulder in hemiplegia
- Understand strategies to prevent or reduce the painful shoulder in hemiplegia
- Discuss the role of truncal stability in the role of abnormal patterns of control in the upper extremity.
- Discuss nervous system mobility and pathoneurodynamics following CNS injury on an introductory level.
- Utilize normal movement patterns for mobilization of the client with hemiplegia, and for re-education of the upper extremity through functional tasks.

LOCATION/PARKING INFORMATION

Free parking is available in the Damon Parking Ramp, which is located on 3rd Avenue SW. Metered parking is available on the street.

Directions to Mayo Clinic & hotel information may be found:

www.rochesterlodging.com

- Area & Regional Maps
- Downtown Rochester Maps – Conference is held in the Siebens Building.
- Guest rooms have been reserved for attendees and their guests with special course rate of \$129 per night at the DoubleTree by Hilton. Lodging arrangements are the sole responsibility of the individual registrant. The guest room block is located under Mayo Hemiplegia Conference and will be available through February 22, 2013

Hemiplegia

COURSE SPEAKER

Jill Maraganore, P.T., M.S.

Department of Physical Medicine and Rehabilitation, Mayo Clinic, Rochester, Minnesota

BIOGRAPHY – *Jill Maraganore is a graduate of Northwestern University, and has been trained as an NDT instructor in adult hemiplegia. She is experienced with clients in all stages of the rehabilitation process from acute to outpatient settings. She began her NDT training in 1987, and spent one year at the Bobath Centre in London, England, during which time she furthered her understanding of the NDT process. She is a member of the rehabilitation team at the Mayo Medical Center in Rochester, MN since 1985. She has given workshops around the country and has also taught with several Bobath instructors including Joan Mohr, Louise Rutz-Lapitz, Monica Diamond, and most recently with Pat Davies.*

CREDIT

Mayo Clinic - Rochester Campus is an approved provider of continuing education by the American Occupational Therapy Association #5660. The assignment of



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by The American Occupational
Therapy Association, Inc.

AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. At the conclusion of this conference, participants will be awarded a certificate for up to 0.75 AOTA CEUs.

This course meets the criteria for 7.5 category I Continuing Education Units per Minnesota Physical Therapy Rules 5601.2500 & subparts 5601-2200 to 5601-2600.

TUITION

Registration - \$199.00

AOTA Member - \$179.00

REFUND

If you cancel your participation in this course, your registration fee, less a 25% administrative fee, will be refunded when written notification is received by Physical Medicine and Rehabilitation Education Committee up to 14 days prior to the course. No refunds will be made after that date. The Physical Medicine and Rehabilitation Education Committee reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event a course must cancel or be postponed, the Mayo Clinic – Physical Medicine and Rehabilitation Education Committee will refund the registration fee but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline / travel / lodging agencies.

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PROGRAM

7:30 – 8:00	Registration and Continental Breakfast (provided)
8:00 – 9:00	Introductions - Lecture: The Shoulder Girdle and Trunk
9:00 – 10:00	Lab: Mobilization of the Shoulder Girdle and Trunk
10:00 – 10:15	Break (on your own)
10:15 – 11:00	Lecture: Consideration in Early Treatment - Perceptual Problems and Low Tone
11:00 – 12:00	Lab: Acute Treatment Ideas
12:00-1:00	Lunch (provided)
1:00 – 2:00	Lecture: The Painful Shoulder
2:00 – 3:00	Lab: Neutral Mobilization and Handling for the Painful Shoulder
3:00 – 3:15	Break (provided)
3:15 – 5:00	Lab: Functional Activities for the Upper Extremity; Specific Questions or Clinical Problems
5:00 p.m.	Adjourn

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Registration

We now have online registration at the below website:

<https://pmr.education-registration.com/register/listing/323>

You will need to:

1. Find the appropriate course.
2. Create a profile.
3. Complete the registration form.

If questions please contact:

PM&R Therapy Services
Mayo Clinic (Mayo 14)
200 First Street SW
Rochester, MN 55905
Telephone: (507) 293-1541

Please access conference schedule, details, and handouts at:

<https://pmr.education-registration.com/register/listing/323>

PM&R Therapy Services expects to begin posting handouts to the My Events tab under downloadable event materials on March 1, 2013. **Note that printed copies of handouts will not be available on-site at the course.**

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www.mayoclinic.org

MC1938-14rev0113

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