

“Spinal Cord Injuries in a nutshell”
Outline of programme Day 1: Saturday 11th November

<u>TIME</u>	<u>WHAT, WHERE, WHO</u>
09.00	Registration and coffee <i>OT Department</i>
09.30	Introduction / Housekeeping (Physiotherapist) and (Occupational Therapist) <i>OT Department</i>
09.45	Anatomy and physiology of the spinal cord ASIA classification Incomplete spinal cord injury (Spinal Injuries Consultant) <i>Hardy Seminar Room</i>
11.00	Coffee / Tea Break <i>OT Department</i>
11.15	Functional expectations with complete spinal cord injuries (Physiotherapist) and (Occupational Therapist) <i>Hardy Seminar Room</i>
12.15	Case Study / Discussion (Physiotherapist) <i>Hardy Seminar Room</i>
12.30	Lunch <i>OT Department</i>
13.15	Upper limb muscle charting including common compensations in individuals with spinal injuries (Physiotherapist) with (ex-patient) <i>Physiotherapy Gym</i>
13.45	Upper limb management of individuals with a spinal cord injury (Occupational Therapist) <i>Hardy Seminar Room</i>
14.30	Coffee / Tea Break <i>OT Department</i>
14.45	Respiratory management of individuals with a spinal cord injury (Respiratory Physiotherapist) <i>Hardy Seminar Room</i>
15.15	Acute early rehabilitation workshops <i>(see attached sheet for which group you are in and where to go)</i> <ul style="list-style-type: none"> • Acute tetraplegia on bed rest – (PT) with (In-patient) • Early functional rehabilitation and assistive technology – (OT)
16.30	Questions / final comments (physiotherapist) and (Occupational Therapist) <i>OT Department</i>

“Spinal Cord Injuries in a nutshell”
Outline of programme Day 2: Sunday 12th November

<u>TIME</u>	<u>WHAT, WHERE, WHO</u>
08.50	Registration and coffee <i>OT Department</i>
09.00	Tour of the Princess Royal Spinal Injuries Centre (Physiotherapist) and (Occupational Therapist)
09.30	Introduction to posture and seating (Physiotherapist) <i>Hardy Seminar Room</i>
10.30	Advancing Technology in Neuro-Rehabilitation (Occupational Therapist) and (Physiotherapist) <i>Hardy Seminar Room</i>
10.45	Tea and Coffee
11.00	Practical demonstrations <i>(see attached sheet for which group you are in and where to go)</i> <ul style="list-style-type: none"> • Bed transfers – (OT) with (In-patient) • Toilet transfers – (OT) with (In-patient) • Car transfers – (OT) with (In-patient)
12.15	Patient education and Vocational Rehabilitation Occupational Therapist <i>Hardy Seminar Room</i>
12.45	Living with spinal cord injury (ex-patient and SIA representative) <i>Hardy Seminar Room</i>
13.15	Final questions / evaluations (Physiotherapist) and (Occupational Therapist) <i>Hardy Seminar Room</i>