“Bridging the Gap”

Physiotherapy management of adults with complete spinal cord injury

This course aims to bridge the gap between:

- referring hospitals and spinal injuries centres
- acute management and rehabilitation
- professional groups involved in the management of individuals with spinal cord injury (SCI)
- transition from rehabilitation centre to community

The course is divided into two modules, acute and rehabilitation, and aims to give an overview of the physiotherapy principles that contribute to the interdisciplinary management of the adult individual with newly acquired SCI.

Both modules will have a strong practical emphasis and consideration of the role of the interdisciplinary team with presentations from all members of the interdisciplinary team. Delegates will have an opportunity to practice techniques demonstrated and try out equipment used. Living with SCI will be illustrated through personal perspectives and use of DVD material.

Although the two modules are independent of each other, delegates to the rehabilitation module who have not attended the acute module will be expected to have prior knowledge of SCI.

Course level: Band 6/7

**Acute Module: Monday 14th – Wednesday 16th September 2015**

This module gives an overview of the multidisciplinary management and considerations of the first 72 hours post injury with detailed instruction in respiratory care and maintenance of the musculoskeletal system. It includes advice for mobilising into wheelchair and gives an introduction to early rehabilitation. Reducing the risk of complications and maximising the potential and functional outcome of each patient will be explored within the context of acute care.

**Rehabilitation Module: Monday 19th – Wednesday 21st October 2015**

This module gives an overview of the physiotherapy principles which contribute to the interdisciplinary rehabilitation of the adult individual with complete SCI. The focus will be on the biomechanical principles underpinning the specific physiotherapy techniques relevant to SCI rehabilitation. There will be an introduction to other essential elements of rehabilitation such as sport and fitness, postural management and wheelchair selection, and considerations for individuals with high SCI.

**Places restricted to 15 on each module**