



Shirley Ryan
Abilitylab®

Formerly the
Rehabilitation Institute
of Chicago

Academy

2018 COURSE CATALOG

Hands-on learning from leading experts



Academy

Dear Colleague,

As we gear up for 2018, I can't help reflecting on this past year and how far the Academy has come! Last year, we held our first four courses in our beautiful new research hospital in downtown Chicago — the Shirley Ryan AbilityLab.

The Academy's new space is designed explicitly for learning, and students are telling us they love the bright, open environment. We also opened our new recording studio, which will allow us to create higher-quality videos and continuing education webinars. Best of all, we worked with our faculty to build an exciting lineup of programs. Our curriculum emphasizes hands-on applications and patient case studies to foster the delivery of the best evidence-based care.

This year, when you attend an in-person course, you will have the opportunity to tour the Shirley Ryan AbilityLab. In fact, many workshops take place in the ability labs, unique translational labs designed for the application of research real time with patients. You will see first-hand how we've integrated research and clinical care in this model. In addition, as we learn more about what's working and what's not, we'll share those insights.

I invite you to explore the Academy's 2018 programming, including new courses on Vision, Traumatic Brain Injury, and a Golf and Health Symposium. This summer, we will hold our first-ever, online series on concussions, which will take a systems-based approach to the management and treatment of post-concussive disorders faced by both athletes and individuals returning to work.

If you are unable to join us in Chicago, please don't miss the comprehensive selection of online webinars and courses that allow you to learn from our renowned faculty — without ever leaving home.

Wishing you a very happy and healthy new year for both you and your patients!



Rebecca Bagdy
Executive Director, Academy



2018 Course Catalog

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Go to sralab.org/academy2018 and receive a special offer!



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2018 live courses

FEBRUARY



Therapeutic Interventions in Neurorehabilitation (Especially designed for OTAs and PTAs)

February 15-16

Shirley Ryan AbilityLab Faculty

Audience: OT, OTA, PT, PTA

This two-day hands-on course, designed specifically for OTAs and PTAs, will discuss the medical complications and management for the neurologically involved patient populations, particularly in stroke. The intervention-focused agenda provides evidence-based treatment strategies and practical approaches for impairments, such as decreased balance, pusher syndrome, shoulder strengthening/complications, visual perceptual changes and cognitive functional deficits and implications for treatment. The program includes workshop sessions on the topics of gait training techniques, upper extremity shaping techniques, shoulder management, communication strategies and hand edema.

16 Professional development hours (see website for CEU details)

MARCH



Traumatic Brain Injury: Addressing the Complexities of Rehabilitation

March 1-2

**David Ripley, MD; Nathan Zasler, MD;
and Shirley Ryan AbilityLab Faculty**

Audience: OT, OTA, PT, PTA, RN, SLP

Modern research in neuroscience and advances in technology have added new dimensions to our understanding and management of traumatic brain injury. This course will present the latest research and clinical advances that influence interdisciplinary management of persons with both low- and high-functioning brain injuries. Clinicians working with patients with brain injuries often struggle to identify appropriate assessments and interventions. Interventions targeted toward mild brain injury, such as time management and headache assessment and treatment, will be reviewed. Management of disordered consciousness targeting severe brain injury will aid the clinician treating patients with lower levels of function. Topics that address both levels of injury (mild and severe) will include pharmacological interventions, behavior management, family adaptation after brain injury, post-traumatic headache assessment, facilitating communication, contracture management, communicating difficult messages and the impact of insurance on rehabilitation and discharge placement.

15 Professional development hours (see website for CEU details)

NEW FOR
2018

MARCH



Vestibular Rehabilitation: Theory, Evidence and Practical Application

March 15-17

**Janet Helminski, PT, PhD; Katherine M. Martinez, PT, PhD, NCS;
and Shirley Ryan AbilityLab Faculty**

Audience: OT, OTA, PT, PTA, Athletic Trainers

This three-day course will provide therapists with the foundational information needed to efficiently evaluate and effectively treat patients with peripheral and central vestibular disorders and with intermediate level clinical decision-making skills. Emphasis will be placed on evidence-based practice and understanding the physiologic rationale for therapeutic interventions. This will enhance the clinician's ability to evaluate the appropriateness and effectiveness of therapeutic interventions for common vestibular disorders. The course format will be lecture, demonstration with patient videos and patient problem-solving sessions.

26.5 Professional development hours (see website for CEU details)

MAY



Clinical Evaluation and Management of Visual Perceptual Impairments: A Hands-On Approach

May 3-4

**Amy Berryman, OTR; Tom Politzer, OD;
and Karen Rasavage, OTR**

Audience: OT, OTA, PT, PTA

In this two-day course, a review of the visual system and clinical manifestations of common visual impairments following stroke and traumatic brain injury will be presented. Practitioners will learn and practice comprehensive visual assessment techniques. The entire second day of the course is devoted to the clinical application of treatment strategies in a hands-on interactive lab format. The assessment and treatment strategies can be immediately implemented in practice by clinicians at all levels of care.

15 Professional development hours (see website for CEU details)

Register today at sralab.org/academy2018

See website for CEU details, instructor disclosures,
accessibility and other information.

2018 Academy calendar

POST THIS CALENDAR

■ Live webinar ■ Live course ■ Live online series



JANUARY

■ Approach to Managing Cancer-Related Fatigue	January 10
■ Management of Memory Disorders	January 23

FEBRUARY

■ Neuroplasticity and Implications for Stroke Recovery	February 6
■ Regenerative Medicine: What is its Role in Rehabilitation?	February 13
■ Therapeutic Interventions in Neurorehabilitation (Especially designed for OTA/PTA)	February 15-16
■ Unique Aspects of Performing Arts Medicine	February 28

MARCH

■ Traumatic Brain Injury: Addressing The Complexities of Rehabilitation	March 1-2
■ Updates in Tendinopathy	March 6
■ Vestibular Rehabilitation: Theory, Evidence and Practical Application	March 15-17
■ Management of Attention Disorders	March 20

APRIL

■ Ethics: Conflict of Interest in Rehabilitation Practice	April 4
■ Updates on the Management of Spasticity after Spinal Cord Injury	April 11
■ Medical Management of Parkinson's Disease	April 24

MAY

■ Clinical Evaluation and Management of Visual Perceptual Impairments: A Hands-On Approach	May 3-4
■ Neuroanatomy: A Practical Review for Clinicians	May 7-8
■ Spaced Retrieval Training: A Cognitive Strategy for Allied Health and Nursing	May 15
■ Golf and Health: An International Perspective	May 17-18
■ Sexuality, Fertility and Intimacy after a Spinal Cord Injury	May 22

JUNE

■ 41st Annual Spinal Cord Injury/Disease Course: Advancing Healthy Lifestyles	June 6-8
■ Management of Executive Function Disorders	June 12

JULY

■ 24th Annual Interdisciplinary Stroke Course: Foundations for Stroke Recovery	July 12-13
■ Neurotoxicity of Chemotherapy and Radiation	July 17
■ Concussion: Evaluation and Management, from Work to Working Out	(Wednesdays) July 18 - September 5
■ Degenerative Diseases: Beat Barriers to Being Active	July 31

AUGUST

■ Concussion: Evaluation and Management, from Work to Working Out	(Wednesdays) July 18 - September 5
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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10 Cancer Fatigue	11	12	13
14	15	16	17	18	19	20
21	22	23 Memory Disorders	24	25	26	27
28	29	30	31			

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 Stroke Recovery	7	8	9	10
11	12	13 Regenerative Med	14	15 Neurorehabilitation - OTA/PTA	16	17
18	19	20	21	22	23	24
25	26	27	28 Performing Arts Med.			

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Traumatic Brain Injury	2	3
4	5	6 Tendinopathy	7	8	9	10
11	12	13	14	15 Vestibular Rehabilitation	16	17
18	19	20 Attention Disorders	21	22	23	24
25	26	27	28	29	30	31

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Ethics	5	6	7
8	9	10	11 Spasticity	12	13	14
15	16	17	18	19	20	21
22	23	24 Parkinson's Disease	25	26	27	28
29	30					

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Visual Impairments	4	5
6	7 Neuroanatomy	8	9	10	11	12
13	14	15 SRT	16	17 Golf & Health	18	19
20	21	22 Sexuality	23	24	25	26
27	28	29	30	31		

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 41st Annual Spinal Cord Injury/Disease Course	7	8	9
10	11	12 Executive Function	13	14	15	16
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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12 24th Annual Interdisciplinary Stroke	13	14
15	16	17 Neurotoxicity	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Degen. Diseases				

SUN	MON	TUE	WED	THU	FRI	SAT
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■ Live online series continue through September 5

2018 live courses

MAY



Neuroanatomy: A Practical Review for Clinicians

May 7-8

Edythe Strand, PhD, CCC-SLP, BC-ANCDs

Audience: OT, OTA, PT, PTA, RN, SLP

This two-day course provides an overview of neurological disorders and the neural systems critical to rehabilitation. Discussion focuses on cortical mechanisms, descending tracts, upper and lower motor neuron syndromes, cranial nerves, basal ganglia and cerebellum. The course takes a clinical view by giving a brief overview to a particular neurological system, followed by discussion of the possible disease processes and disorders that would result from damage to the corresponding system. Participants will review clinical examples of neuroimaging and planes of orientation for both the spinal cord and brain. A number of pathologies are reviewed and conditions focus on speech and language disorders, limb deficits, visual deficits, agnosia and other perceptual deficits resulting from neurologic disease and injury. Discussion is limited to structures and systems most commonly involved in rehabilitation. Interactive activities will promote clinical application of the material that is covered.

14 Professional development hours (see website for CEU details)

MAY



**NEW
FOR 2018**

Golf and Health: An International Perspective

Date: May 17-18

Scott Fonda, DC, DABCO; Roger Hawkes, MB ChB Dip. Sports Med. FFSEM; Tom Hospel, MD; Corey Hug, PT; Prakash Jayabalan, MD, PhD; Melissa Kolski, PT, OCS, Dip MDT; Andrew Murray, PhD; Monica Rho, MD; Timothy Roberts, MSc, CSCS

Audience: MD/DO, PT, PTA, Athletic Trainers, Coaches, Chiropractors, Researchers

This unique, multidimensional course explores the health benefits of the sport and provides an observation and assessment of golf mechanics. Participants will examine the complex movement of the golf swing and some of the common problems associated with it. Participants will also receive information on sports nutrition and golf psychology to improve their game. Faculty from the European Tour, PGA Tour, Shirley Ryan AbilityLab and Northwestern University will provide their expertise in management of golf-related disorders and performance optimization. The emphasis of patient cases will focus on rehabilitation and training. Laboratory examples and patient discussions in small and large groups will help participants refine their clinical decision-making skills.

13.5 Professional development hours (see website for CEU details)

Register today at sralab.org/academy2018

See website for CEU details, instructor disclosures, accessibility and other information.

JUNE



41st Annual Spinal Cord Injury/Disease Course: Advancing Healthy Lifestyles

Date: June 6-8

Shirley Ryan AbilityLab Faculty

Audience: OT, PT, OTA, PTA

Emotional, physical and medical needs are important factors in building and maintaining a healthy lifestyle after a spinal cord injury/disease (SCI/D). Practitioners can build better therapeutic interventions when they understand how these important psycho-social and physical elements impact their patients and change over time. This interdisciplinary, evidence-based course focuses on the resources and lifestyle strategies that allow individuals to achieve their highest quality of life. Day 1 will discuss aging issues with a SCI/D, bone density, bowel and bladder and sexuality. Day 2 will focus on resources available after therapy ends and how to help patients become a consumer of research. Day 3 will tap into the emotional issues of living with a SCI/D. All three days include hands-on workshops, where participants will build on their clinical skills in areas such as mobility, splinting, FES and locomotor training.

20 Professional development hours (see website for CEU details)

JULY



24th Annual Interdisciplinary Stroke Course: Foundations for Stroke Recovery

Date: July 12-13

**Elizabeth Skidmore, PhD, OTR/L, FAOTA, FACRM;
Sangeetha Madhavan PT, PhD; and Northwestern University
and Shirley Ryan AbilityLab Faculty**

Audience: OT, OTA, PT, PTA, RN, SLP

This interdisciplinary course will add new dimensions to the understanding and management of stroke by focusing on the latest research and clinical advances that have impacted treatment. In order to improve clinical practice, the course will link novel discoveries and practical applications. The keynote speaker will address the essential elements of interventions designed to reduce disability among individuals with impairments in executive function after stroke. The concept of neural priming and current priming paradigms, their relevance to stroke neurorehabilitation and associated neural mechanisms will help the clinician focus treatment. Lectures on family perspectives will review the impact of the family on adaptation after stroke. Clinicians will participate in selected self-study activities and workshops addressing gait training, management of behavioral issues, upper extremity assessment, interdisciplinary management of persons with right hemisphere stroke, the impact of insurance on lengths of stay and therapeutic and equipment needs of persons with bilateral stroke.

14.5 Professional development hours (see website for CEU details)

2018 live online series

JULY – SEPTEMBER



NEW
FOR 2018

Concussion: Evaluation and Management, from Work to Working Out

July 18 - September 5 (Wednesdays, 9 online sessions)

George Chiampas, DO; James Elliott, PT, PhD; Janet Helminski, PT, PhD; Prakash Jayabalan MD, PhD; Laura Morris PT, NCS; Elizabeth M. Pieroth, PsyD, ABPP; Heidi Roth, PT, NCS, DHS

Audience: MD/DO, OT, OTA, PT, PTA, Athletic Trainers
(Note: No CME offered)

This live, online series is intended primarily for physical and occupational therapists, sports medicine physicians, physiatrists and athletic trainers. Over nine weekly sessions, this course explores the observation, analysis and management of adult individuals and athletes with concussive symptoms. A systems-based approach will be utilized with particular reference to management, rehabilitation programs and preventive strategies. Exertional training, return-to-play and return-to-work strategies will help the clinician manage a general population of patient presentations with concussions. The emphasis of patient cases will focus on concussion management in athletes as well as individuals in the workforce. Participants will have the opportunity to interact and discuss cases with course faculty, as well as integrate their own cases into the discussion. If participants are unable to attend a live session, they will be able to view an on-demand recording instead. Upon completion of the course, participants will be able to apply the principles directly into their working practice.

13+ Professional development hours (see website for CEU details)

2018 on-demand webinars

Earn CEUs online

The Academy offers a wide array of on-demand continuing education delivered by leading experts. A convenient way to earn CEUs at home that fits with your schedule.

Our on-demand catalog contains over 30 titles of webinars covering the following topics:

Amputation

Burn rehabilitation

Cancer

Cognitive deficits

Communication

Degenerative diseases

Dysphagia

Ethics

Executive function

Medical complications

Musculoskeletal

Pain

Pediatrics

Pulmonary

Spinal cord injury

Stroke

Technology

Traumatic brain injury

Vision

Wounds

Visit sralab.org/academy2018 to register and see all offerings.

2018 live webinars

BRAIN INJURY

Management of Memory Disorders	January 23
Management of Attention Disorders	March 20
Spaced-Retrieval Training: A Cognitive Strategy for Allied Health and Nursing	May 15
Management of Executive Function Disorders	June 12

CANCER

Approach to Managing Cancer-Related Fatigue	January 10
Neurotoxicity of Chemotherapy and Radiation	July 17

DEGENERATIVE DISEASES

Medical Management of Parkinson's Disease	April 24
Degenerative Diseases: Beat Barriers to Being Active	July 31

ETHICS

Conflict of Interest in Rehabilitation Practice	April 4
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MUSCULOSKELETAL

Regenerative Medicine: What is its Role in Rehabilitation?	February 13
Unique Aspects of Performing Arts Medicine	February 28
Updates in Tendinopathy	March 6

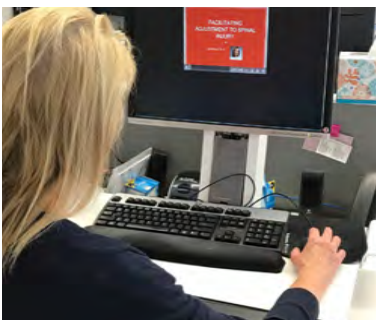
SPINAL CORD INJURY

Updates on the Management of Spasticity after Spinal Cord Injury	April 11
Sexuality, Fertility and Intimacy after a Spinal Cord Injury	May 22

STROKE

Neuroplasticity and Implications for Stroke Recovery	February 6
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Continuing education options for teams



The Academy now offers cost-effective continuing education for your entire staff. Enhance your team's competencies and expertise through custom plans designed to meet your staff's unique needs: online, in-person at your facility or here at Shirley Ryan AbilityLab.

Email us at academy@sralab.org to learn more.