COURSE DATE: November 10, 2018

TITLE: Current Emerging Therapeutic Strategies Using Mirror Therapy and Graded Motor Imagery

DESCRIPTION: Recent neuroscience evidence has validated the use of mirror therapy and graded motor imagery (GMI) following neurological insults. These “top down” strategies have been shown to improve cortical organization of the brain. This course will emphasize a clinical reasoning approach supported by current evidence for treating neurological insults by using this “top down” method. Both mirror therapy and GMI work in conjunction with conventional therapies to improve motor recovery in the upper and lower extremities.

OUTCOMES:

1. Describe neuroplasticity and brain changes
2. Include conventional therapies with mirror therapy and GMI
3. Explain how to utilize mirror therapy and GMI for both neurological insults and musculoskeletal injuries
4. Define clinical approaches and home exercise approaches for the appropriate patients

INSTRUCTOR: Susan W Stralka PT, DPT, MS

Susan W. Stralka, PT, DPT, MS, is a licensed physical therapist with many years of experience treating both musculoskeletal and neurovascular consequences of injury. She is a guest lecturer at The University of Tennessee Health Sciences Center in Memphis, Tennessee (UTHSC) and earned a Master’s Degree and a Doctorate in Physical Therapy from there. She has a strong clinical background in treating neurological and musculoskeletal consequences of injury.

Susan has presented nationally and internationally in upper and lower extremity dysfunctions as well as pain management. Susan has written articles on a wide variety of topics related to physical therapy for many national publications and health journals. Her most recent publications are: “Graded Motor Imagery” in the Journal of Hand Therapy 2011, ”Thoracic Outlet Syndrome” in the book entitled Neck and Arm Pain Syndromes by Elsevier in 2011 and a chapter on ”Spinal Cord Injury/Central Nervous System/Brachial Plexus” in the book Hand & Upper Extremity Rehabilitation, 2013. Dr. Stralka was also the recipient of the Dorothy B. Kaufmann Lectureship given by Philadelphia Hand Rehabilitation Foundation in 2012.

LEVEL: Intermediate

AUDIENCE: OTs, PTs, PTAs, OTAs

AGENDA:

7:30 AM  Registration Opens
8:00 AM  Brain changes and neuroplasticity
9:00 AM  Understanding mirror therapy and (GMI)
10:00 AM  Break
10:15 AM  Lab time
12:00 PM  Lunch (on your own)
1:00 PM  Clinical strategies for improving movement by training the brain
3:00 PM  Break
3:15 PM  Treatment protocols and home exercise programs
3:45 PM  Case studies
4:30 PM  Question & Answer; Adjourn

FOCUS:
Domain of OT: Client Factors
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

COURSE #: 11150

PRICE: $255, After 10/10/2018 = $295

CEU’s / CLOCK HOURS: 7 CE Contact Hours (0.7 CEUs)

LOCATION:
UW-Milwaukee Continuing Education
Plankinton Building, 7th Floor
161 West Wisconsin Avenue
Milwaukee, WI 53203