

**COURSE DATE:** October 23, 2024 (Live Online)

**TITLE:** Neuromuscular Re-education in Musculoskeletal Rehabilitation: Measurement and Implementation

**DESCRIPTION:** Movement is a complex human function that relies on sensory feedback, motor control and strength. Many movements used in daily activities are habitual and automatic, requiring very little thought, but when dysfunction occurs, previously simple movement patterns become challenging. Neuromuscular re-education is an important therapeutic technique addressing motor skills to facilitate return to full function after a disruption. This class will focus on principles of neuromuscular control, measurement, and implementation in musculoskeletal disorders with an emphasis on outpatient upper extremity rehabilitation.

**GOAL OF COURSE:** To understand foundational concepts of neuromuscular re-education which can be used to facilitate intervention planning and decision making for individualizing the plan of care.

**LEARNING OBJECTIVES** (At the end of this course participants will):

1. Recognize when neuromuscular control is an issue
2. Demonstrate competence in using outcome measures for neuromuscular control
3. Utilize evidence-based approaches to treat neuromuscular dysfunction

**INSTRUCTOR(S):** Nikki Hoover, MS, OTR/L, CHT

**INSTRUCTOR BIOGRAPHY:** Nikki Hoover, MS, OTR/L, CHT, graduated from UW-Milwaukee in 2011 and began teaching for the school of continuing education shortly thereafter. She started OT school wanting to become a hand therapist and her passion has only grown stronger. She shares that passion as an instructor for multiple courses in the OT program at UW-Milwaukee, including Biomechanics and Hand Therapy. She is now pursuing a PhD here at UW-Milwaukee with a goal of becoming a researcher in a teaching hospital like the VA. Her research focuses on thumb proprioception and motor control for prevention and management of osteoarthritis.

**LEVEL** (Introductory, intermediate or advanced): Introductory

**AUDIENCE:** OTs, OTAs, PTs, PTAs, ATs

**CONTENT FOCUS DOMAIN(S):** Neuromuscular re-education, motor skills

Occupational therapists:

- Domain of OT: Performance Skills
- Occupational Therapy Process: Intervention

BOC ATC Domains:

- Assessment, Evaluation, and Diagnosis
- Therapeutic Intervention

**AGENDA:**

Wednesday – 12:00 PM – 4:00 PM — Distance Learning — Interactive (*synchronous*)

12:00 PM Introduction, fundamentals

1:00 PM Evaluation of proprioception

1:50 PM Break

2:00 PM Intervention Strategies

2:45 PM Group breakouts for case studies

3:30 PM Q&A

4:00 PM Post-course survey, Adjourn

\*Agenda reflects 4 credit hours; awarded credit hours for course does not include breaks

**PRE-COURSE ASSIGNMENT:** Watch the backward brain bicycle video on YouTube.

**COURSE #:** 1010-16372

**PRICING:** \$275 if registered before or by 9/23/2024; \$290 if registered after 9/23/2024

**CEUs/CLOCK HOURS:**

Participants are only eligible to receive the hours / CEUs actually spent in the education program)

- APTA, AOTA, ASHA: .4 CEUs 4 Clock Hours)
- BOC ATC: 4 Category A hours / CEUs

**LOCATION:** UW-Milwaukee School of Continuing Education, Plankinton Building Downtown Conference Center, 7th Floor, 161 West Wisconsin Avenue, Milwaukee, WI 53203

**DISCLOSURES:** None

**PROVIDER NAME & CONTACT INFORMATION:**

University of Wisconsin – Milwaukee Health Professions and Sciences Department

Attn: Emily Steybe (414) 251-8950

Email Address: [sce-hps@uwm.edu](mailto:sce-hps@uwm.edu)

Address: 161 West Wisconsin Avenue, Ste 6000, Milwaukee, WI 53203

**GENERAL INFORMATION:** Early registration is encouraged to guarantee space and prevent course cancellation due to low enrollment. Participants are accepted on a first-come, first-served basis. Enrollment is confirmed upon receipt of registration and payment, or agency guarantee of payment.

**CANCELATION / REFUND POLICY:** The Health Professions and Sciences Department reserves the right to cancel any offering for which registrations are not sufficient to support budgeted expenses. A full refund is issued to program participants if the program is cancelled by the Health Professions and Sciences Department for any reason. For cancellations made by a participant at least 14 days before the start of the program, a refund will be issued minus a \$25.00 processing fee. For cancellations made within 14 days of the program, a certificate worth the value of the program (minus a \$25.00 processing fee) will be issued and is valid for one year from the date of the original course.

**PAYMENT:** Courses require full payment at the time of registration. You can choose from a variety of payment methods. Payment can be made with a check, company purchase order (P.O.), money order or credit card. Checks should be made payable to “University of Wisconsin-Milwaukee.” Cash is accepted through in-person registration only. If you have not received a confirmation 3 days before the program, please call our office at 414-227-3123 or email us at [sce-hps@uwm.edu](mailto:sce-hps@uwm.edu).

**SPECIAL NEEDS:** Please advise us at the time of registration if you have special needs. Requests will be kept confidential. If requests are received less than four weeks prior to the program date, we may not be able to accommodate you.

## APPROVED PROVIDERS:



Approved Provider

University of Wisconsin - Milwaukee is an AOTA Approved Provider of professional development. PD activity approval ID# [pending]. This distance interactive activity is offered at 0.4 CEUs, introductory, performance skills and intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



The University of Wisconsin-Milwaukee, Health Professions and Sciences (BOC AP#: P452) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of (4)hours/ Category A CEUs. ATs should claim only those hours actually spent in the educational program.



The Wisconsin Department of Public Instruction will accept continuing education units (CEUs) from an accredited college or university for license renewal.



The University of Wisconsin – Milwaukee, Health Professions and Sciences is approved as a Physical Therapy Continuing Education Sponsor by the Illinois Department of Professional Regulation. The license number for the University of Wisconsin-Milwaukee, College of Health Sciences is **DPR: #216000052**



The University of Wisconsin-Milwaukee is designated as an approved provider of continuing education coursework for physical therapists and physical therapist assistants.