

Mary Free Bed  
Rehabilitation Hospital



# COMPREHENSIVE CONCUSSION MANAGEMENT:

*Need-to-Know Information for  
Physical Therapists*

**Saturday, May 18 and  
Sunday, May 19, 2019**

## **LOCATION**

Mary Free Bed  
Professional Building  
Meijer Conference Center  
350 Lafayette Ave. SE, Grand Rapids, MI 49503

## INTENDED AUDIENCE

Licensed physical therapists

## COURSE FACULTY:

**Anne Mucha, PT, DPT, MS, NCS** is the coordinator of Concussion Vestibular Programming for Centers for Rehab Services and the UPMC Sports Concussion Program. She has more than 20 years of clinical experience in treating individuals with neurologic and vestibular conditions and is actively involved in clinical research. She was appointed a member of the Centers for Disease Control and Prevention's panel of experts to develop clinical guidelines for diagnosis and management of mild traumatic brain injury among children and adolescents.

**Tim Rylander, PT, MPT, OCS** serves as the director of Vestibular Rehabilitation and Concussion Management for Athletic Physical Therapy. He received his Master of Physical Therapy from Governors State University where he is pursuing his Doctor of Education. He also is an adjunct professor of neuroscience at Governors State University's Doctor of Physical Therapy program. As a certified vestibular rehabilitation specialist and an American Physical Therapy Association-certified orthopedic clinical specialist, he uses an eclectic approach coupled with a model of enablement in his clinical practice. Tim brings nearly ten years of clinical experience working with individuals following TBI and concussion.

## COURSE DEVELOPERS:

**Karen Heide Lambert, PT, MPT, NCS; Karen L. McCulloch, PT, PhD, NCS; Anne Mucha, PT, DPT, MS, NCS; James M. Elliott, PT, PhD; Susy Halloran, DPT; Airelle Giordano, PT, DPT, OCS, SCS; Kim Gottshall, PhD, PT, ATC; Nicole Miranda, PT, DPT; Michael R. Borich, DPT, PhD; Susan Linder, PT, DPT, NCS**

## COURSE DESCRIPTION:

Concussion is a common and potentially disabling condition that affects people of all ages because of trauma sustained in sport, motor vehicle crashes, military service, work and recreational accidents. The multifaceted nature of concussion requires a comprehensive view of physical, cognitive and psychological functions. Physical therapists play a key role in facilitating recovery after concussion and identifying concussion in patients referred for other reasons; however necessary expertise spans multiple areas including sports medicine, orthopedics, neurology and vestibular function. Intervention for individuals who do not recover quickly after concussion has not been well described in the literature; therefore, best practice is unclear.

The purpose of this course is to focus on "need to know" information for physical therapists to identify concussion, and to examine and intervene with adolescents and adults with concussion who do not recover with rest alone. Embedded

in the described approach is the need to identify the primary triggers of ongoing symptoms and recognize the need for referrals to maximize and expedite recovery.

Current information related to definitions, diagnosis, imaging, pathophysiology, symptom profiles and prognosis form a foundation for the course. Examination and intervention approaches that consider headache, cervical spine, visual and vestibular challenges, as well as exertional, cognitive, psychological and behavioral issues will be shared in an interactive format that includes case examples and selected lab activities. The role, responsibility and contributions of the physical therapist to the interdisciplinary team in decisions regarding return to work, play or school will be discussed, considering unique legislative and practical concerns.

## COURSE OBJECTIVES

**Upon completion of this course, participants will:**

1. Describe current practice in concussion diagnosis and discuss related neuroimaging and other diagnostic testing.
2. Summarize the pathophysiology of concussion and implications for clinical management.
3. Describe risk factors that contribute to prognosis and outcome following concussion.
4. Describe common symptom profiles post-concussion and characteristics that indicate likely impairment categories such as cervical involvement, visual disturbances and vestibular dysfunction to streamline assessment.
5. Demonstrate select methods for assessment of identified impairments within categories of cervical, oculomotor and vestibular dysfunction.
6. Summarize treatment strategies to address cervical spine, oculo-motor/vestibular pathology, headache, exertional and psychogenic issues post-concussion.
7. Highlight characteristics of guidelines to progressively return to activity as reflected by published guidelines and current best practice.
8. Identify means to increase the interdisciplinary and holistic nature of intervention for individuals with concussion who have persistent symptoms.

## TENTATIVE COURSE SCHEDULE

### Saturday, May 18

7:30-8 a.m.	Registration/Continental Breakfast
8-9 a.m.	Introduction/Imaging
9-10:30 a.m.	Symptom Patterns
10:30-10:45 a.m.	Break
10:45 a.m.-12:15 p.m.	Dizziness and Cervicogenic Dizziness
12:15-1:15 p.m.	Lunch (provided)
1:15-2:45 p.m.	Cervical Involvement, Whiplash Parallels
2:45-3:15 p.m.	Headache and Migraine
3:15-3:30 p.m.	Break
3:30-4:30 p.m.	Lab Focused on Dizziness
4:30-5 p.m.	Lab (cont.)
5:15 p.m.	Adjourn

### Sunday, May 19

7:30-8 a.m.	Registration/Continental Breakfast
8-8:45 a.m.	Lab Focused on Cervical Issues
8:45-9:45 a.m.	Exertional Symptoms
9:45-10:45 a.m.	Psychogenic and PPPD
10:45-11 a.m.	Break
11-11:30 a.m.	Outcome Measures
11:30 a.m.-Noon	Return to Activity- Practice Guideline Resources
12-1:15 p.m.	Lunch (provided)
1:15-2:30 p.m.	Case Examples with Small Group Work
2:30-3:30 p.m.	Discussion and Feedback on Cases
3:30-3:45 p.m.	Break
3:45-4:15 p.m.	Essential Features of Concussion Management
4:15-5 p.m.	Returning Patients to Activity and Participation/Clinical Pearls (question and answer)
5:15 p.m.	Adjourn

## CONTINUING EDUCATION CREDITS

This course provides for 1.6 CEUs. A post-course survey will be sent electronically to all registrants within one week of the course. The survey will contain a post-test and will assess course logistics and satisfaction. This information will help the academy meet educational standards and strategic objectives. A participant must complete the survey within one week to obtain an emailed PDF CEU certificate.

## CANCELLATION POLICY

Cancellations received on or before 30 days prior to the event will be refunded in full. A 20 percent handling fee will be charged for cancellations received between 30 and seven days prior to the course. No refunds will be given for no-shows or cancellations less than seven days prior to the course. On-site registrations will be accepted on a space available basis ONLY. The Academy of Neurologic Physical Therapy and host site reserve the right to cancel this course without penalty up to two weeks prior to the event. In the event of cancellation by the ANPT or host facility due to unforeseen circumstances, participants will be refunded their registration fee. We encourage participants to purchase trip insurance. ANPT and Mary Free Bed will not be responsible for the refund of travel or hotel expenses.

## LODGING AND DRIVING DIRECTIONS

For information on lodging, driving directions, and/or parking, please visit:

[http://www.neuropt.org/docs/default-source/events-and-courses/mary-free-bed-concussion-course-information.pdf?sfvrsn=4d435243\\_0](http://www.neuropt.org/docs/default-source/events-and-courses/mary-free-bed-concussion-course-information.pdf?sfvrsn=4d435243_0)

## MATERIALS

We ask that all participants bring their own Maddox rod, headband laser and Brock string. Below are suggested retailers:

Maddox rod: Bayou Ophthalmic Instruments, Inc.: 504.734.9399

Brock string (10 feet): Bernell VTP: <http://www.bernell.com/product/3202/143>

Headband with laser pointer: <http://calcellular-store.stores.yahoo.net/led-hlp-12.html>

## REGISTRATION FORM

Comprehensive Concussion Management: Need-to-Know Information for Physical Therapists

APTA #: \_\_\_\_\_

ANPT Member?  Yes  No

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Fax #: \_\_\_\_\_

Email: \_\_\_\_\_

## COURSE LOCATION

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Registration Type (check one)	>30 days prior early bird	30 days or fewer prior
<input type="checkbox"/> PT Member of the Neurology Section	\$350	\$425
<input type="checkbox"/> APTA PT Non-section Member	\$400	\$475
<input type="checkbox"/> Non-APTA Member	\$475	\$550

*\*Fees cover continental breakfast, break snacks and lunch, as well as a link to course materials for download. Please note the course materials will not be printed for registrants.*

## REGISTRATION OPTIONS

Online or by mail only

Register Online:

<http://www.neuropt.org/go/events-and-courses/neurology-section-developed-courses>

By Mail

Method of Payment:  Mastercard  Visa  Amex

Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Billing ZIP Code: \_\_\_\_\_

Or mail this form, with a check made payable to ANPT to:

ANPT  
5841 Cedar Lake Rd. S.  
Ste 204  
Minneapolis, MN 55416

Questions? Please contact ANPT at 952.646.2038, or by email at [info@neuropt.org](mailto:info@neuropt.org).