

# PRE-CONFERENCE

## Instructional Courses



All courses below are INCLUDED in the WORLD PASS. Continuing education credits and conference slides are included. A few content leaders elect not to have their slides available to attendees, therefore some sessions may not be included.

<b>TWO-DAY INSTRUCTIONAL COURSE</b>		<b>FRI - SAT 24 - 25 SEPT</b>	
IC10A & B Emerging Concepts & Evidence Basis behind Novel Approaches to Managing Chronic Spinal Pain			PAIN CP INT NP TEC
<b>FRIDAY 24 SEPT</b>			
<b>MORNING</b>	10:00 AM - 2:00 PM	IC2 Concussion: A Vestibular & Ocular Focus for the Treating Clinician (Intermediate Level)	CP ATH BI
		IC5 Hanging by a Thread During Covid-19 Pandemic- Best Practices to Mitigate Frailty for At-Risk Community Dwelling Elderly	GER COVID-19 LM
		IC6 Responding to Racism, Discrimination, and Microaggressions in Academic Medicine	CULTURAL COMPETENCY ETHICS
		IC8 Culinary Coaching Instructional Course	LM ATH BI BHS CAN CP
<b>FULL DAY</b>	10:00 AM - 6:30 PM	IC3 A Non Pharmacological Framework for Assessment & Treatment to Reduce Pain & Spasticity in Neurological Adult & Pediatric Patients	CP BI GER
		IC7 Innovations in Limb Loss and Difference Rehabilitation	LR BHS CP
		IC9 Integrating Patient Reported Outcomes (PRO) in Rehabilitation Clinical Practice	MEAS BI CP
		IC11 Smartphone Apps for Day-to-Day Management of Executive Function Issues	TEC BI BHS MIL ND PAIN
		IC48 ACRM 2021 Integrative Rehabilitation Research Mentoring & Career Development Fellowship for early career researchers from underrepresented & diverse backgrounds	CIRM CULTURAL COMPETENCY
<b>AFTERNOON</b>	2:30 PM - 6:30 PM	IC12 Post-Traumatic Headaches	BI CP CIRM
		IC14 "Keep Your Move in the Tube": An Evidence-Based Clinical Approach Implementation of a New Paradigm for Management of Cardiac Patients After Sternotomy	CP
		IC15 American Spinal Injury Association 1/2 day at the ACRM Annual Conference 2021	SCI CP PAIN
<b>SATURDAY 25 SEPT</b>			
<b>MORNING</b>	10:00 AM - 2:00 PM	ET IC19 FES Cycling & Stepping Interventions to Optimize Outcomes in Persons w/ Neurological Disorders	CP ND SCI TEC
		IC21 Rehabilitation Treatment Specification System: Principles & Application in Rehabilitation Education, Research & Clinical Practice	CP
		IC22 Facilitating Implementation Science in Practice: Secrets of Successful Clinical and Research Partnerships	HSR CP
		IC23 Longitudinal Data Analysis & Practical Workshop Using R: Part I Introductory Topics	MEAS BI GER HSR ND PED
		IC27 Different Paradigms of Electrical Stimulation for Neuromuscular Recovery after Spinal Cord Injury	SCI NP
		IC36 Management of Vision Deficits Following Acquired Brain Injury	BI CP
<b>FULL DAY</b>	10:00 AM - 6:30 PM	IC16 Behavioral Health Group Intervention — An Interactive Workshop	BHS CP
		IC17 Introduction to Applying Integrative Cognitive Rehabilitation Psychotherapy to Brain Injury with Co-Occurring Issues	BI BHS CP
		IC18 Disorder of Consciousness: The Implementation of Guideline Recommendations for Interdisciplinary Clinical Rehabilitation Practice: An Interactive Course	BI CP
		IC25 Uncovering the Obstacles—Using Uniform Terminology to Identify Contextual & Environmental Factors that Affect Participation	MEAS CP HSR
		IC26 Optimizing Pediatric NeuroRecovery: Benefits of Early Intervention and Activity-Based Therapy	PED BI SCI
		IC28 Interdisciplinary Perspectives to Functional Measurement and Assessment of the Stroke Survivor	ST CP
		IC29 The User Experience & Usability Research: In-depth look at Interviews, Observational Studies & Usability Testing	TEC
<b>AFTERNOON</b>	2:30 PM - 6:30 PM	IC24 Longitudinal Data Analysis & Practical Workshop Using R: Part II Advanced Topics	BI GER HSR ND SCI
		IC30 Improving Carry-Over: A Practical Lab on Approaches for Translating Therapeutic Gains Into Daily Activities	CP BHS ND NP ST TEC
		IC31 Bench to Bedside: A Guide for Implementing Evidence Based Interventions into Practice at Organizational Level	CP BI SCI ST
		IC32 Home Evaluations for Safe Discharge and Aging-in-Place	CP GER
		IC33 Rehabilitation for Functional Movement Disorders: The Works	CP
		IC34 Restoring Voluntary Grasping Function After Stroke or Spinal Cord Injury Using Functional Electrical Stimulation	TEC CP NP
<b>SUNDAY 26 SEPT</b>			
<b>MORNING</b>	10:00 AM - 2:00 PM	ET IC20 A Guide to Best-Practice Interdisciplinary Goal Setting in Clinical Practice	CP BI COVID-19
		IC35 Rhythm & the Motor System: New Opportunities for Gait Training	AN CP ST TEC
		IC37 So You Want to be a TBI Expert Witness?	BI ETHICS
		IC38 Interdisciplinary Care for Concussion/Mild Traumatic Brain Injury: A Model for Differential Diagnosis & Management	BI ATH CP
		IC39 Comprehensive Management of Head & Neck Cancer: Optimizing Outcomes Through a Multi-Disciplinary Approach	CAN BHS TEC
		IC40 Learn how Alexander Technique Interventions Can Complement & Enhance Rehabilitation Research & Interdisciplinary Clinical Practice	CIRM ATH BI CP
		IC41 Practice Skills for Rehabilitation Professionals Working With Refugees and Asylum Seekers	CP INT
		IC42 How to Effectively Use Secondary Data in Your Research Program	HSR
		IC44 NIH Toolbox: Innovative Assessments for the Rehab	MEAS BHS
		IC45 Optimizing Upper Extremity Reconstruction After Spinal Cord Injury: An Interdisciplinary, Systematic & Iterative Approach	SCI CP TEC
		IC46 Functional Assessment and Prism Adaptation Treatment for Spatial Neglect after Stroke	ST BI CP
		IC47 Powering Forward: Wheelchair Setup and Skills for Power Wheelchair Users	TEC BI CP GER

**KEY** AN: Arts & Neuroscience ATH: Athlete Development & Rehabilitation BHS: Behavioral Health Sciences BI: Brain Injury Rehabilitation CAN: CANcer rehabilitation CROSS-CUTTING / CC: Spanning Diagnoses  
 CIRM: Complementary, Integrative, Rehabilitation Medicine CP: Clinical Practice GER: GERiatric Rehabilitation HSR: Health Services Research INT: INTernational LR: Limb Care LM: Lifestyle Medicine  
 MEAS: MEASurement MIL: MILitary/veterans affairs ND: Neurodegenerative Disease (e.g. MS, Parkinson's disease) NP: NeuroPlasticity (includes neuroscience) PAIN: PAIN rehabilitation PED: PEDiatric rehabilitation  
 QUAL: QUALity Improvement & Implementation Science RTS: Rehabilitation Research Specifications SCI: Spinal Cord Injury ST: Stroke Rehabilitation TEC: TEChnology (robotics, assistive technology, mHealth)

# PRE-CONFERENCE

## TWO-DAY INSTRUCTIONAL COURSE

FRI-SAT IC10A & IC10B: **Emerging Concepts and Evidence Basis Behind Novel Approaches to Managing Chronic Spinal Pain / Day 1 of 2** FOCUS: PAIN, CP, INT, NP, TEC FACULTY: Areerat Suputtitada, Thiru Annaswamy

Two-day course in advanced spine pain management focusing primarily on Emerging Concepts and Novel Approaches, and current state of evidence. Register: [ACRM.org/ic10](http://ACRM.org/ic10)

### FRIDAY 24 SEPT

10:00 AM - 2:00 PM IC2: **Concussion: A Vestibular and Ocular Focus for the Treating Clinician (Intermediate Level)** FOCUS: CP, ADSR, BI FACULTY: Elizabeth Jenson, Twyla Evano, Valerie Quan

When it comes to treating individuals with Post Concussion Syndrome (PCS), physical therapists have a strong background in managing vestibular deficits and exercise intolerance caused by physiological dysfunction. Some specialized PTs also have experience in treating oculomotor deficits, but may find themselves limited by their understanding of assessment tools and how to progress interventions. Another common challenge is identifying how to target oculomotor interventions while integrating other body functions and structures, such as the vestibular system, musculoskeletal system, and autonomic nervous system, without causing undesired rebound effects. This gap in knowledge must be bridged in order to provide a comprehensive plan of care for individuals with PCS. In this course, we will demonstrate the use of the Vestibular/Ocular Motor Screening (VOMS) as an assessment tool for real patient cases. We will also introduce the Vestibular Ocular Pyramid (VOP) as a framework that effectively targets vestibular and oculomotor impairments. Register: [ACRM.org/ic2](http://ACRM.org/ic2)

10:00 AM - 2:00 PM IC5: **Hanging by a Thread During Covid-19 Pandemic- Best Practices to Mitigate Frailty for At-Risk Community Dwelling Elderly** FOCUS: GER, COVID-19, LM FACULTY: Harsha Deoghare, Kathleen Bianco, Leslie Zarrinkhameh, Cheryl Hickey, Heather Thomas

The unprecedented situation arising from the COVID-19 outbreak is destined to have a long-term and profound impact on older adults' health and well-being. Community dwelling frail adults are at exponentially higher risk of mortality and morbidity in this pandemic. This course will involve a multi-disciplinary panel that will review the concepts of frailty, health screening, polypharmacy, nutrition, and health and wellness for at-risk community dwelling older adults. Evidence based strategies to keep older adults safe and functional at home and delay institutionalization will be discussed. Wellness resources for successful aging will be presented and hands-on activities will be used to enhance participant learning. We will also discuss the latest evidence of preventative strategies for frailty prevention during COVID-19 pandemic as well as outcome of COVID-19 in patients at multiple stages of frailty. Register: [ACRM.org/ic5](http://ACRM.org/ic5)

10:00 AM - 2:00 PM IC6: **Responding to Racism, Discrimination, and Microaggressions in Academic Medicine** FOCUS: CULTURAL COMPETENCY, ETHICS FACULTY: Sylk Sotto, Francesca Duncan, Joseph Smith

Academic medicine has long faced the challenge of addressing health inequities, reflecting on how these contribute to structural racism, and perpetuating negative social determinants of health. Most recently, we have constructed opportunities for dialogues about racism, discrimination, and microaggressions (RDM). We will encourage participants to (1) openly discuss RDM and the impact they have in academia, (2) learn about tools to address and respond to RDM, and (3) move towards the creation of inclusive environments. Register: [ACRM.org/ic6](http://ACRM.org/ic6)

10:00 AM - 2:00 PM IC8: **Culinary Coaching Instructional Course** FOCUS: LM, ADSR, BI, BHS, CAN, CP FACULTY: Ran Polak

Obesity and unhealthy nutrition are major public health and economic threats and disproportionately high among adults with disabilities. Most clinicians grapple with the challenge of enabling patients to be drivers of their own wellness regimen. Nutrition is a vital part of many rehabilitation conditions such as spinal cord injury, stroke, cancer rehabilitation, brain health, and geriatric rehabilitation. This culinary medicine course offers an introduction into culinary coaching, an evidence-based telemedicine strategy that combines culinary training with health and wellness coaching. Attendees receive the latest updates of the culinary coaching approach and acquire new skills, tools and resources to empower patients to adopt sustainable nutritious home cooking behavior. The economics of healthcare reform increasingly pressure clinicians to promote healthy nutrition. This course provides education and experience that will keep clinicians at the forefront of this critical global trend, leading by example to improve and increase healthy eating for patients and themselves. Register: [ACRM.org/ic8](http://ACRM.org/ic8)

10:00 AM - 6:30 PM IC3 **A Non Pharmacological Framework for Assessment and Treatment to Reduce Pain & Spasticity in the Neurological Adult & Pediatric Patient** FOCUS: CP, BI, GER FACULTY: Annie O'Connor, Melissa Watson

This workshop will demonstrate a paradigm shift for the evaluation and treatment selection of pain and spasticity in the neurological adult and pediatric patient. Using the validated and reliable Pain Mechanism Classification System principles applied to both pain and spasticity, we will present both as a peripheral nervous system dominated mechanism. Thus allowing two peripheral neurogenic mechanisms to be highlighted. Directional preference and neurodynamic exercise selection for peripheral neurogenic mechanisms can have lasting effects when selected and dosed correctly. Spasticity can be an expression of peripheral nervous system irritation in an impaired central nervous system. The prevalence of spasticity as an upper motor neuron problem is small compared to the peripheral neurogenic mechanisms. Often spasticity is a symptom of a peripheral nervous system mechanism domination and requires the correct subgrouping and therapeutic exercise to decrease spasticity to achieve optimal independence in function for the neurological adult and pediatric patient. Register: [ACRM.org/ic3](http://ACRM.org/ic3)

10:00 AM - 6:30 PM IC7 **Innovations in Limb Loss and Difference Rehabilitation** FOCUS: LR, BHS, CP FACULTY: Prateek Grover, Leonard and D. Hoffmann, Branden Petersen, Gerasimos Bastas, Jill Cannoy, Daniel Lee, Dan Ignaszewski, John Felder, Phil Stevens, Danielle Melton, Kristin Reeves, Colleen Coulter

Limb loss and difference rehabilitation is a rapidly evolving field, driven simultaneously by novel technology, surgical techniques, rehabilitation protocols and a focused systems and stakeholders approach to enable access to both technology and rehabilitation services. Attendees are invited to participate in this full-day exploration of the innovations and trends in the field of limb care that spans preservation, restoration, rehabilitation and participation. A multi-disciplinary team of physiatrists, patient advocates, surgeons, prosthetists and therapists will guide attendees through four evidence-based complementary modules, namely, systems, medical, technical and rehabilitation innovations. Cross-modular themes of note include the limb care continuum framework, osseointegration, TMR, cardiovascular physiology, risk modification, microprocessor technology and outcomes, and specialized therapy protocols. Attendees are expected to leave the course with a comprehensive understanding of the field of limb care as well as innovations and approaches within each discipline, be it therapy, medicine, O&P, patient advocacy, prosthetics or health systems research. Register: [ACRM.org/ic7](http://ACRM.org/ic7)

### KEY

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# PRE-CONFERENCE

10:00 AM - 6:30 PM IC9 **Integrating Patient Reported Outcomes (PRO) in Rehabilitation Clinical Practice** FOCUS: MEAS, BI, CP FACULTY: David Tulsy, Emily Evans, Ann Guernon, Namrata Grampurohit, Kristen Maisano, Zachary Boychuck, Sara Ahmed, Julie Schwertfeger, Piper Hansen, Susan Bartlett, Pascaline Kengne Talla, Jennifer Weaver

An introductory course on implementation science and the integration of patient-reported outcomes (PRO) into clinical practice, with a focus on interpretation of PROM scores to guide clinical decisions. Attendees will be introduced to guidelines that can be used to direct PRO use for patient care and quality improvement. Participants will learn about implementation science principles and how they can help identify strategies that address the contextual barriers and facilitators to using PRO measures in a specific clinical context. The course learning objectives will also target the evaluation of the implementation process and the effectiveness of using PRO measures for desired outcomes such as patient activation or goal achievement. Participants will benefit from ongoing initiatives and information exchange between participants using a structured and interactive approach. The course is intended for clinicians, but also for anyone with introductory knowledge of PROs and an interest in their use for enhancing clinical practice. Register: [ACRM.org/ic9](https://www.acrm.org/ic9)

10:00 AM - 6:30 PM IC11 **Smartphone Apps for Day-to-Day Management of Executive Function Issues** FOCUS: TECH, BI, BHS, MIL, ND, PAIN FACULTY: Lisa Hirsch, Michelle Wild, Kristi Kragthorpe  
Clients with traumatic brain injuries, strokes, multiple sclerosis, ADHD, chronic fatigue, Chemobrain, lupus and other conditions typically face challenges in memory, organization, executive functioning, energy, goal-setting/motivation and self-regulation. Training patients in how to use smartphone and tablet apps improves independence by addressing all these areas of cognitive challenge in a manner that is convenient and non-stigmatizing. See demonstrations of the seven apps that can be used to compensate for the majority of cognitive deficits experienced at work, home and school and learn how you can use them yourself in the rehabilitation process. Register: [ACRM.org/ic11](https://www.acrm.org/ic11)

10:00 AM - 6:30 PM IC48 **ACRM 2021 Integrative Rehabilitation Research Mentoring & Career Development (DIRRMCD) Fellowship for early career researchers from underrepresented and diverse backgrounds** FOCUS: CIRM, CULTURAL COMPETENCY FACULTY: Mark Hyman Rapaport, Claudia Morris, Abigail Powers Lott, Natoshia Raishevich Cunningham, Ashli Owen-Smith, Sonya Kim, Patricia Heyn

This one-day scientific workshop is funded by the National Center for Complementary and Integrative Health (NCCIH) under Award Number R13AT011146. The goal of this program is to increase both evidence-based knowledge on complementary integrative medicine (CIM) and enhance research diversity among the rehabilitation field by fostering the participation of underrepresented minority (URM) early career scientists. Health scientists and practitioners from diverse backgrounds contribute important clinical practice and research in the field. Although the NIH and the American Medical Association have developed many initiatives to support and ensure greater diversity in the medical and health sciences workforce, significant barriers to having an inclusive, equal, and diverse culture and climate in the biomedical field remain. The CIM field is well positioned to close this gap because it relies on the interdisciplinary representation by many disciplines, practitioners, stakeholders, and consumers. Register: [ACRM.org/ic48](https://www.acrm.org/ic48)

2:30 PM - 6:30 PM IC12 **Post-Traumatic Headaches** FOCUS: BI, CP, CIRM FACULTY: Sara Etheredge, Miriam Segal, Nathan Zasler, Sheryl Katta-Charles

In this instructional course, learners will understand the framework for diagnosing and treating various headache endotypes resulting from traumatic head and neck injuries. Multiple speakers will be discussing the pathophysiology and treatment of the following headache endotypes: 1. Tension-type headaches, 2. Craniofacial neuralgias, 3. Cervicogenic headaches, and 4. Migraines. We will be discussing treatment options, well-known and newer treatment options, both pharmacologic and non-pharmacologic. For example, we will review in-depth a relatively novel class of medications, the CGRP-antagonists. We will demonstrate procedures and identify anatomy on a head and neck model for procedures during the breakout group. Register: [ACRM.org/ic12](https://www.acrm.org/ic12)

2:30 PM - 6:30 PM IC14 **"Keep Your Move in the Tube": An Evidence-Based Clinical Approach to Implementation of a New Paradigm for Management of Cardiac Patients After Sternotomy** FOCUS: CP FACULTY: Richard Gach, Susan Triano

This workshop will present the evidence base that supports the safe use of the upper limbs and is founded on the principles of biomechanics: "Keep Your Move in the Tube™". Participants will be provided with knowledge and resources to support the implementation of "Keep your Move in the Tube" into postoperative care, and cardiac rehabilitation. Information will be provided that to prove forces generated during upper limb exercises and everyday tasks (i.e. chest compressions during CPR and opening doors etc.). Participants will also be instructed of how to safely incorporate this program into their clinical practice and into their organizations. Register: [ACRM.org/ic14](https://www.acrm.org/ic14)

2:30 PM - 6:30 PM IC15 **American Spinal Injury Association 1/2 day at the American Congress of Rehabilitation Medicine Annual Conference 2021** FOCUS: SCI, CP, PAIN FACULTY: Allison Kessler, M. Kristi Henzel, Cody Unser, Cristina Sadowsky, Michael Stillman, Jill Wecht, Steffen Franz, Elmeare Smith

The "ASIA 1/2 at ACRM" course attempts to introduce and educate participants in 1) Primary care services models that are suited and optimized for use in individuals with SCI related paralysis; educating healthcare providers familiar with individuals with SCI how to deploy the models to primary care providers delivering infrequent care to this population. 2) Becoming familiar with ASIA's educational offerings through its' eLearning Center. The sessions are planned to be interactive and solicit audience feedback. Register: [ACRM.org/ic15](https://www.acrm.org/ic15)

## SATURDAY 25 SEPT

10:00 AM - 2:00 PM IC19 **FES cycling and stepping Interventions to optimize outcomes in persons with neurological disorders** FOCUS: CP, ND, SCI, TEC FACULTY: Wendy Warfield, Deborah Backus, Rebecca Martin

This instructional course will present the theory supporting the use of functional electrical stimulation (FES) interventions to decrease impairment and improve function in adults and children with neurological conditions. Presenters will provide suggestions for translation of evidence-based principles into clinical practice for the use of FES interventions to optimize outcomes in persons with severe weakness or paralysis, fatigue, and other impairments impacting the ability to safely utilize these interventions. Presenters will introduce attendees to various FES-assisted interventions and provide guidelines for setting the parameters of the FES devices to elicit the greatest response and positive outcomes in people with neurological conditions, such as spinal cord injury and multiple sclerosis. Case examples will be discussed to demonstrate the application of the evidence and principles presented throughout the course. Register: [ACRM.org/ic19](https://www.acrm.org/ic19)

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# PRE-CONFERENCE

10:00 AM - 2:00 PM IC21 **Rehabilitation Treatment Specification System: Principles and Application in Rehabilitation Education, Research, and Clinical Practice** FOCUS: CP FACULTY: John Whyte, Andrew Packel, Jeanne Zanca, Susan Fasoli, Sue Ann Sisto, Shanti Pinto, Mary Ferraro, Jarrad Van Stan

This symposium will orient learners to the NIDILRR- and PCORI-funded Rehabilitation Treatment Specification System (RTSS), an interprofessional standardized system for defining and specifying rehabilitation treatments. Examples of clinical treatments and case scenarios will be discussed to: (1) elucidate the structure, principles, and terminology of the RTSS; (2) facilitate reflection on active ingredients and targets of rehabilitation interventions; and (3) demonstrate how the RTSS can stimulate critical thinking and strengthen clinical reasoning underlying the planning and delivery of interventions. Learners will be provided opportunities to practice applying the RTSS to treatment examples. Register: [ACRM.org/ic21](http://ACRM.org/ic21)

10:00 AM - 2:00 PM IC22 **Facilitating Implementation Science in Practice: Secrets of Successful Clinical and Research Partnerships** FOCUS: HSR, CP FACULTY: Pamela Toto, Jennifer Moore, Linda Resnik, Eric Roseen, Beth Fields, Anashua Elwy, Justin Smith, Miriam Rafferty, Natalie Douglas

This instructional course will introduce the foundational principles of implementation science and how to apply them within health systems and communities. The course is designed for clinicians, researchers, and administrators, with a focus on developing partnerships to facilitate successful implementation. Participants will discuss barriers and facilitators to implementation, and will learn about implementation strategies that can improve adoption of evidence-based practices. We will highlight successful collaborations between clinicians and researchers. Examples will be provided across physical therapy, occupational therapy, and speech language pathology. Partnerships will be described in local health settings, communities, and national health systems. Finally, resources for further education in implementation research and practice will be shared. This program is supported by the Dissemination & Implementation Research Task Force of the ACRM Health Services Research Networking Group, the Learning Health Systems Rehabilitation Research Network, and the Center for Smart Use of Technologies to Assess Real-World Outcomes. Register: [ACRM.org/ic22](http://ACRM.org/ic22)

10:00 AM - 2:00 PM IC23 **Longitudinal Data Analysis and Practical Workshop Using R: Part I Introductory Topics** FOCUS: MEAS, BI, GER, HSR, ND, PED FACULTY: Allan Kozlowski, Keith Lohse

This combination lecture and hands-on workshop will introduce clinicians and researchers to longitudinal model building using linear mixed effects regression (LMER) in the R statistical environment. Rehabilitation outcomes are better suited to multi-level longitudinal modeling than to pre-post regression or repeated measures analysis of variance (RM-ANOVA). LMER has real advantages over RM-ANOVA in terms of flexibility and statistical power. Following the course, learners will be able to appraise existing data for suitability to LMER, discuss the relevance of such models with statistical consultants, and plan for data collection in future projects which are suited to modeling outcomes longitudinally. Register: [ACRM.org/ic23](http://ACRM.org/ic23)

10:00 AM - 2:00 PM IC27 **Different Paradigms of Electrical Stimulation for Neuromuscular Recovery after Spinal Cord Injury** FOCUS: SCI, NP FACULTY: Ashraf Gorgey, David Dolbow

TenMES: neuromuscular electrical stimulation, RT: resistance training, TS: transspinal, SCI: spinal cord injury Register: [ACRM.org/ic27](http://ACRM.org/ic27)

10:00 AM - 2:00 PM IC36 **Management of Vision Deficits Following Acquired Brain Injury** FOCUS: BI, CP FACULTY: Cathy Stern

Visual processing problems are very common following brain injury. Hidden visual problems are often overlooked and when not treated they can impair or lengthen rehabilitation success. This course will assist you in diagnosing and understanding treatment for patients with visual deficits following brain injury. How to test for the specific visual deficits accompanying brain injury, concussion, stroke, and trauma will be covered along with treatment protocols including lenses, prisms, filters, and neuro-optometric vision rehabilitation. Dynamic presentation will give you the opportunity to experience testing and treatment used to help more brain injury patients recover successfully. Register: [ACRM.org/ic36](http://ACRM.org/ic36)

10:00 AM - 6:30 PM IC16 **Behavioral Health Group Intervention - An Interactive Workshop** FOCUS: BHS, CP FACULTY: Carly Cooper, Amelia Butler

This workshop is dedicated to promoting the role of group intervention in outpatient behavioral health presented by experienced occupational therapists who are subject matter experts in the topic. This energetic and interactive workshop includes a review of behavioral health diagnosis, medications, evaluation, documentation and hands-on group activities from the presenters' arsenal that allow individuals the opportunity to role play as both facilitator and group participant. Register: [ACRM.org/ic16](http://ACRM.org/ic16)

10:00 AM - 6:30 PM IC17 **Introduction to Applying Integrative Cognitive Rehabilitation Psychotherapy to Brain Injury with Co-Occurring Issues** FOCUS: BI, BHS, CP FACULTY: Mark Pedrotty

Clinicians will be introduced to an integrative cognitive rehabilitation psychotherapy model that includes simultaneous assessment and treatment of three domains (cognitive, psychological, and substance and alcohol use) and eight levels of intervention (medication, cognitive retraining, internal compensatory strategies, external compensatory strategies, environmental adaptations, alternative interventions, healthy lifestyle, and medical) for each of the three domains across all ages using a bio-cog-psycho-social model and evidence-based interventions for people living with brain injury. Motivational Interviewing (MI) will be discussed as a clinical intervention to assess readiness to change and setting goals and objectives. Four stages of treatment across the three domains will be described (surviving, healing, thriving, and ending) within setting up a treatment plan and monitoring progress. Identification and management of potential ethical and cultural issues will be discussed. Register: [ACRM.org/ic17](http://ACRM.org/ic17)

10:00 AM - 6:30 PM IC18 **Disorder of Consciousness: The Implementation of Guideline Recommendations for Interdisciplinary Clinical Rehabilitation Practice: An Interactive Course** FOCUS: BI, CP FACULTY: Amy Rosenbaum, Katherine O'Brien, Brooke Murtaugh, Craig DiTommaso

This one-day Disorders of Consciousness (DOC) instructional course has been developed for the treating clinician. This course will focus on application of evidence-based Clinical Guideline Recommendations as it relates to the domains of DOC assessment, diagnosis, medical management, prognosis and family counseling. Content will assist attendees conceptualize how to develop transdisciplinary care plan and road map to optimize outcomes and quality of life for the DOC population. This course is appropriate for all disciplines working within DOC care and programs including physicians, neuropsychologists, therapists, nurses and care managers. Active learning group activities and case studies will be included to promote problem-solving, collaboration and networking among attendees. Register: [ACRM.org/ic18](http://ACRM.org/ic18)

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10:00 AM - 6:30 PM IC25 **Uncovering the Obstacles- Using a Uniform Terminology to Identify Contextual and Environmental Factors that Affect Participation** FOCUS: MEAS, CP, HSR FACULTY: Leon Kirschner, Nancy Doyle, Brigitte Desport

Environmental design and environmental modification can be an integral to a comprehensive intervention program designed to increase participation for people with disabilities. This session presents a new typology of terms for contextual factors that facilitate or limit participation in daily activities. It was designed to be aligned with the World Health Organizations International Classification of Function. We will present clinical case studies to demonstrate practical application of the typology. We will discuss how using the typology expands the scope of assessment and intervention and how that may result in enhanced participation for clients at the individual, group, and population levels. After an introduction to the typology and it's development, this course will provide opportunities for use of the terminology for assessment and intervention using case studies in a workshop format. Register: [ACRM.org/ic25](http://ACRM.org/ic25)

10:00 AM - 6:30 PM IC26 **Optimizing Pediatric NeuroRecovery: Benefits of Early Intervention and Activity-Based Therapy** FOCUS: PED, BI, SCI FACULTY: Andrea Behrman, Mary Pengeley, Rebecca Martin, Harald Schubert, Jianhua Wu, Dagmar Siebold

Evidence demonstrates that activity is essential for development and repair of the central nervous system, yet traditional rehabilitation approaches lack the intensity necessary to drive neural change. Activity-Based Therapy (ABT) represents an evolving shift in neurorehabilitation. Based on activity-dependent plasticity, ABT offers high intensity activation of the nervous system to optimize the capacity for recovery. In this course, past clinical assumptions will be compared to recent scientific evidence guiding development of ABT. We will describe activity-based interventions and strategies, including mechano-stimulation, functional electrical stimulation, massed practice, and task specific training. Mechano-stimulation will be emphasized as a tool in early intervention and emergent assessment tools with sufficient sensitivity to measure change in the very young patient will be discussed. Using lecture and case studies we will review current research trends, prescriptive diagnostics, physiology and pathophysiology, parameter selection and curation of treatment goals. Register: [ACRM.org/ic26](http://ACRM.org/ic26)

10:00 AM - 6:30 PM IC28 **Interdisciplinary Perspectives to Functional Measurement and Assessment of the Stroke Survivor** FOCUS: ST, CP FACULTY: Christina del Toro, Keenan Whitesides, Christina Hanson, Sarah Herron, Eric Larson, Veronica Rowe, Maria Cecilia Alpanan, Michelle Armour

Stroke is one of the leading causes of disability in the United States. Given that stroke can affect all aspects of bodily function and abilities, multiple measurements and assessments are administered across disciplines. These measurements are critical in evaluating function and providing effective care for the stroke survivor. Clinical knowledge of various standardized assessments is required of all medical professionals to create effective goals for stroke patients to achieve functional outcomes.. Register: [ACRM.org/ic28](http://ACRM.org/ic28)

10:00 AM - 6:30 PM IC29 **The User Experience and Usability Research: In-depth look at Interviews, Observational Studies and Usability Testing** FOCUS: TEC FACULTY: Rachel Proffitt, Megan Mitchell

Technology is progressing at a rapid pace. This forces companies and research labs into design and development processes which often focus on quick turnaround. Healthcare facilities are forced into clinical decision-making processes which focus on reimbursement. These processes can minimize time and maximize profit but often leave the end-user hanging by a rope- creating a great need for understanding usability in order to provide the best care.

Understanding the differences between usability research methods and how to choose an effective method can be overwhelming and seem complicated. However, even the smallest labs, clinics or start-ups can incorporate basic methods to improve their processes. This course will provide an overview of usability research methods- diving deeper into best practices for incorporating interviews and observational and usability studies. A hands-on application to demonstrate how these methods can be incorporated into your design and development or clinical decision-making processes will be provided. Register: [ACRM.org/ic29](http://ACRM.org/ic29)

2:30 PM - 6:30 PM IC24 **Longitudinal Data Analysis and Practical Workshop Using R: Part II Advanced Topics** FOCUS: MEAS, BI, GER, HSR, ND, SCI FACULTY: Keith Lohse, Allan Kozlowski

Rehabilitation researchers and clinicians often deal with outcomes that evolve over time and are not suited to binary categorization of pre- post-assessments, as is common in other areas of medicine and healthcare. This course will build on our previously offered introduction to modeling longitudinal outcomes in a lecture and practical workshop format. Advanced topics include methods to assess data and model structure visually, statistically, and conceptually; and to fit more complex models and outcome types. While not a prerequisite, course participants will benefit from having a working knowledge of the introductory course content and of the R environment. Register: [ACRM.org/ic24](http://ACRM.org/ic24)

2:30 PM - 6:30 PM IC30 **Improving Carry-Over: A Practical Lab on Approaches for Translating Therapeutic Gains Into Daily Activities** FOCUS: CP, BHS, ND, NP, ST, TEC FACULTY: Kristina Kelly, Elizabeth Skidmore, Lynne Gauthier

Evidence suggests that focus on carry-over promotes increased use of a weaker limb in everyday life. The CI therapy transfer package is a set of behavior change techniques that facilitate carry-over and can be used with any intervention. It encourages patients to take active responsibility for engaging in therapeutic activities throughout the day, effectively extending the amount of time spent on rehabilitation; it also teaches problem-solving during tasks in a way that can be applied independently even after the treatment period ends. During this course, participants will gain the knowledge and skills to implement the transfer package into clinical practice. Register: [ACRM.org/ic30](http://ACRM.org/ic30)

2:30 PM - 6:30 PM IC31 **Bench to Bedside: A Guide for Implementing Evidence Based Interventions into Practice at Organizational Level** FOCUS: CP, BI, SCI, ST FACULTY: Larissa Swan, Chris Carter

Implementation of evidence based interventions (EBI) has proven to be a challenge in the rehabilitation community. Literature indicates that the integration of EBI into consistent practice can take 17 or more years. Therefore, individuals are not benefitting from interventions evidence has shown will enhance the rehabilitation process. This workshop will provide an overview of Knowledge Implementation theory, the Knowledge-to-Action cycle. Participants will have an opportunity to work in facilitated groups to begin a preliminary analysis of their own organization to develop plans as to how to capitalize on facilitators and overcome barriers to implementing EBI as a practice standards. Register: [ACRM.org/ic31](http://ACRM.org/ic31)

Course & faculty details are in the **ACRM Searchable Online Program** [ACRM.org/op](http://ACRM.org/op)

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2:30 PM - 6:30 PM IC32 **Home Evaluations for Safe Discharge and Aging-in-Place** FOCUS: CP, GER FACULTY: Suzanne Burns, Noralyn Pickens, Rochelle Mendonca, Nathan Spaeth, Ashley MacKinen, Kathryn Primrose, Laryn O'Donnell, Roger Smith

People with new and existing disabilities frequently desire to age-in-place or return to their home. Many providers are expected to evaluate the home to support community living goals; however, home evaluations are complex requiring additional skills and training. This is particularly challenging if the providers are novices or infrequently conduct home safety evaluations. Additionally, telehealth and virtual assessment needs (or demands) are rising. This course will provide in-depth information on how to conduct a quality home evaluation selecting the best tool to meet their population needs. Attendees will identify and select assessments for implementation into practice, and discuss barriers and approaches for successful implementation within the group. The course will provide an opportunity for attendees to further develop their skill set for conducting home evaluations among a range of PWD. Register: [ACRM.org/ic32](https://www.acrm.org/ic32)

2:30 PM - 6:30 PM IC33 **Rehabilitation for Functional Movement Disorders: The Works** FOCUS: CP FACULTY: Stacey Zalanowski, Seth Herman, Amy Knight, Ginger Polich, Victor Mark

This Instructional Course will provide attendees the knowledge and skills to evaluate and manage the rehabilitation of Functional Movement Disorders (FMDs). Until recent years FMDs were underdiagnosed and overlooked for physical rehabilitation programs. However, recent studies indicate the neuroscientific findings of FMDs that implicate neurological disease. Moreover, clinical trials for FMDs have shown that physical rehabilitation (PT, OT) combined with Cognitive Behavioral Therapy (CBT) can rapidly and substantially overcome the disability. Our presenters will detail the scientific foundation for FMDs, methods to diagnose and triage FMDs in the acute hospital, foundation for developing an outpatient FMD rehabilitation program, and the evidence basis for improving FMDs with CBT combined with PT or OT. This course will be supplemented by video illustrations of techniques for ruling-in FMDs and individual case presentations of FMDs in response to rehabilitation. At the conclusion of this course, attendees will be able to understand and manage FMDs. Register: [ACRM.org/ic33](https://www.acrm.org/ic33)

2:30 PM - 6:30 PM IC34 **Restoring Voluntary Grasping Function After Stroke or Spinal Cord Injury Using Functional Electrical Stimulation** FOCUS: TEC, CP, NP FACULTY: Naaz Kapadia-Desai, Milos Popovic

One of the most promising approaches to improve motor function in individuals with neurological ailments is Functional Electrical Stimulation (FES). FES is a methodology that uses bursts of short electrical pulses to generate muscle contraction. If these electrical pulses are applied to motor nerves they can elicit action potentials that propagate along the axons towards the target muscle(s). The aim of this workshop is to illustrate the application of FES therapy for retraining upper extremity function, in particular grasping, in individuals with stroke and spinal cord injury. Register: [ACRM.org/ic34](https://www.acrm.org/ic34)

## SUNDAY 26 SEPT

10:00 AM - 2:00 PM IC20 **A Guide to Best-Practice Interdisciplinary Goal Setting in Clinical Practice** FOCUS: CP, BI, COVID-19 FACULTY: Andrew Bateman, Penny Trayner, Merryn Dowson

Goal setting is crucial in neurorehabilitation for encouraging collaboration in multi-disciplinary teams, motivating patients and tracking progress. The key components of good goal setting, however, are often misunderstood. This instructional course aims to outline the best-practice process for goal-setting in clinical neurorehabilitation practice, resolving confusion around terminology and interdisciplinary collaboration. The course will address barriers to change that can prevent the adoption of new goalsetting practices, and suggest avenues of change. Understanding the difficulty of applying theoretical procedures to clinical practice, the course will also offer an opportunity for operationalising the new skills learned with real-world clinical data. Register: [ACRM.org/ic20](https://www.acrm.org/ic20)

10:00 AM - 2:00 PM IC35 **Rhythm & the Motor System: New Opportunities for Gait Training** FOCUS: AN, CP, ST, TEC FACULTY: Abigail Spaulding, Louis Awad, Brian Harris

Decades of basic and clinical research demonstrate the effectiveness of Rhythmic Auditory Stimulation (RAS) across neurological diagnostic groups. The most recent research has shown that motor training with rhythm leads to neurophysiological changes along with beneficial clinical outcomes, including improvements in gait, neuromuscular control, and function. In this presentation, we will discuss the neural foundation and practical applications of RAS through lecture, case examples with videos, and hands-on demonstrations. Register: [ACRM.org/ic35](https://www.acrm.org/ic35)

10:00 AM - 2:00 PM IC37 **So You Want to be a TBI Expert Witness?** FOCUS: BI, Ethics FACULTY: Arthur Ameis, Nathan Zasler, Scott Bender

The instructional course, "So you want to be a TBI expert witness?" will familiarize attendees with various aspects of TBI/ABI. clinicolegal and expert witness work within inside view from experienced expert witnesses on the machinations of such work. Register: [ACRM.org/ic37](https://www.acrm.org/ic37)

10:00 AM - 2:00 PM IC38 **Interdisciplinary Care for Concussion/ Mild Traumatic Brain Injury: A Model for Differential Diagnosis and Management** FOCUS: BI, ADSR, CP FACULTY: Amber Schwartz, Gregory Brown, Cheryl Appleberry, Russell Gore, Tracey Wallace, April Hodge, Julia Hurtado

Recent advances in mild traumatic brain injury (mTBI) research have led to a greater understanding of mTBI resulting in rapid changes in the field and raising dilemmas about how to best apply current knowledge. This talk will discuss emerging data that illustrates dysfunction in cortical networks after mTBI and will describe cutting edge interdisciplinary diagnosis and treatment protocols. It will surface critical issues faced by leaders in the field who are working to apply this latest knowledge and will culminate in an interactive discussion aimed at facilitating exchange of ideas and experiences regarding approaches to addressing practice dilemmas, optimizing mTBI care practices, and accelerating knowledge translation. Register: [ACRM.org/ic38](https://www.acrm.org/ic38)

Course & faculty details are in the ACRM Searchable Online Program [ACRM.org/op](https://www.acrm.org/op)

### KEY

AN: Arts & Neuroscience ATH: Athlete Development & Rehabilitation BHS: Behavioral Health Sciences BI: Brain Injury Rehabilitation CAN: CANcer rehabilitation CROSS-CUTTING / CC: Spanning Diagnoses CIRM: Complementary, Integrative, Rehabilitation Medicine CP: Clinical Practice GER: Geriatric Rehabilitation HSR: Health Services Research INT: International LR: Limb Care LM: Lifestyle Medicine MEAS: MEASurement MIL: MILitary/veterans affairs ND: Neurodegenerative Disease (e.g. MS, Parkinson's disease) NP: NeuroPlasticity (includes neuroscience) PAIN: PAIN rehabilitation PED: PEDIatric rehabilitation QUAL: QUALity Improvement & Implementation Science RTS: Rehabilitation Research Specifications SCI: Spinal Cord Injury ST: Stroke Rehabilitation TEC: TEChnology (robotics, assistive technology, mHealth)

10:00 AM - 2:00 PM IC39 **Comprehensive Management of Head and Neck Cancer: Optimizing Outcomes Through a Multi-Disciplinary Approach** FOCUS: CAN, BHS, TEC FACULTY: Amanda Palmeri, Jonas Sokolof, Matina Balou, Holly Cohen, Tamar Press, Kenneth Hu

This course will provide a detailed overview on best treatment protocols across multiple rehabilitation disciplines including: Physiatry, physical therapy, occupational therapy, speech language pathology, and psychology. A radiation oncologist will explain treatment rationale for HNC and discuss new emerging treatments for sequelae from radiation. Participants will come away from this course understanding the unique impairments associated with head and neck cancer and its treatment along with the best treatment approach to help maximize function in this population. Register: [ACRM.org/ic39](http://ACRM.org/ic39)

10:00 AM - 2:00 PM IC40 **Learn how Alexander Technique Interventions Can Complement and Enhance Rehabilitation Research and Interdisciplinary Clinical Practice** FOCUS: CIRM, ADSR, BI, CP FACULTY: Monika Gross

Alexander technique (AT) is a cognitive embodiment approach to increase client agency. Adapted Alexander-based programs teach clients how to choose functional patterns that result in more efficient use of postural muscles and improved overall postural tone during everyday activities. AT training increases client inhibitory control and their ability to transform stressful reactions into responses that create conditions for more positive rehabilitation outcomes and the likelihood of long-term retention of benefits. We will discuss how AT interventions are designed and implemented; the importance of improved proprioception and body schema for better client outcomes; training needed to become an AT specialist; the potential role of AT specialists in interdisciplinary care; and how AT can integrate into clinical rehab settings; and an overview of research on the clinical impact of AT interventions on target populations, and a discussion of the principles and current understandings of its mechanisms. Course includes experiential learning and Q&A. Register: [ACRM.org/ic40](http://ACRM.org/ic40)

10:00 AM - 2:00 PM IC41 **Practice Skills for Rehabilitation Professionals Working With Refugees and Asylum Seekers** FOCUS: CP, INT FACULTY: Mansha Mirza, Temple Moore, Michel Landry, Mary Black, Jacob Bentley, Concettina Trimboli, Supriya Sen, Jade Elise Gross

Forced migration and displacement are at a record high. Refugees and asylum seekers are individuals with a history of displacement and are increasingly represented in rehabilitation practice. Many refugees and asylum seekers present with history of physical and mental trauma and have complex rehabilitation needs. It is important that rehabilitation providers be equipped to address the complex needs of this population using approaches that are trauma-informed, strength-based, and cognizant of their migration trajectories. This course will bring together an interdisciplinary team of experts to summarize relevant frameworks and treatment approaches to facilitate clinical care with this population as well as share successful programs for community rehabilitation and service-learning. Register: [ACRM.org/ic41](http://ACRM.org/ic41)

10:00 AM - 2:00 PM IC42 **How to Effectively Use Secondary Data in Your Research Program** FOCUS: HSR FACULTY: Amol Karmarkar, James Graham, Matt Malcom

The workshop will advance participants' understanding of secondary data analysis. Secondary data is a broad term that covers two distinct categories: 1) data from prior research studies and 2) real-world administrative and outcomes data collected via daily operations and/or quality improvement initiatives. We will provide information on how to find and select secondary data related to one's topic of interest and tips and tricks for exploring and managing a novel data set. The format will include brief presentations and demonstrations followed by hands-on activities. The information provided will help investigators increase both the scope and impact of their research programs. Register: [ACRM.org/ic42](http://ACRM.org/ic42)

10:00 AM - 2:00 PM IC44 **NIH Toolbox: Innovative Assessments for the Rehab** FOCUS: MEAS, BHS FACULTY: Julie Hook, Cindy Nowinski, Richard Gershon

This Introductory workshop presents instructional information and hands-on demonstration of the cutting edge measurement system to assess neurological and behavioral function - the NIH Toolbox®. The advantages of employing common measures across rehabilitation research and clinical practice will be addressed. Recent updates to the NIH Toolbox user interface and tests will be discussed. Participants will acquire the basics of computer adaptive testing and modern psychometric approaches and the building blocks for administration of the NIH Toolbox® measures for emotional, cognitive, sensory and motor function via an iPad. Register: [ACRM.org/ic44](http://ACRM.org/ic44)

10:00 AM - 2:00 PM IC45 **Optimizing Upper Extremity Reconstruction After Spinal Cord Injury: An Interdisciplinary, Systematic, and Iterative Approach** FOCUS: SCI, CP, TEC FACULTY: Kyle Chepla, Anne Bryden, Michael Keith, Gina Kubec, Kevin Kilgore

In this course we will review how functional outcomes for patients with tetraplegia after SCI can be optimized using a systematic, interdisciplinary approach that focuses on early evaluation and detailed characterization of the injury, pre-operative therapy and splinting, timing and selection of surgical procedure(s) to meet the patient's goals and post-operative mobilization and retraining. Register: [ACRM.org/ic45](http://ACRM.org/ic45)

10:00 AM - 2:00 PM IC46 **Functional Assessment and Prism Adaptation Treatment for Spatial Neglect after Stroke** FOCUS: ST, BI, CP FACULTY: Kimberly Hreha, Peii Chen

In this course we will review how functional outcomes for patients in this instructional course, we will first discuss the definition of spatial neglect and emphasize the clinical impact on stroke survivors. Next, we will explain the KF-NAP and offer participants the opportunity to practice using the assessment through access to patient cases via video. After, the KF-PAT will be introduced. Small groups will now learn to administer this treatment protocol by actually practicing with the equipment. Conclusions will be a discussion the practical implications of using both protocols in an inpatient rehabilitation facility. Register: [ACRM.org/ic46](http://ACRM.org/ic46)

10:00 AM - 2:00 PM IC47 **Powering Forward: Wheelchair Setup and Skills for Power Wheelchair Users** FOCUS: TEC, BI, CP, GER FACULTY: Carrie Callahan, Rachel Hibbs, Lynn Worobey

The wheelchair is one of the most enabling technologies a clinician can provide. However, without proper selection and setup, the positive impact on quality of life can be compromised. In this hands-on workshop, you will learn the evidence behind key power wheelchair setup modifications and practice making these adjustments. Because wheelchair setup and wheelchair skills go hand-in-hand, we will follow adjustments with skills practice to understand the impact of adjustments and improve clinician ability to teach these skills to patients and clients. Hands-on practice will be complemented by discussion of case examples. Register: [ACRM.org/ic47](http://ACRM.org/ic47)

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