

PRE-COURSE DETAILS

TREATING THE NEURO PATIENT IN AN MSK PRACTICE

Tutor: Sarah Daniel

Duration: 1 day

Content: Theory

With the changing nature of how rehabilitation will be delivered to local populations and the ever increasing demand to push rehabilitation in to the community, the way physiotherapists approach neurological rehab will need to be innovative and creative!

The course will provide an understanding of the key differences seen in a neurological presentation versus an MSK patient to enable the practitioner to treat with a holistic approach. The course will consider 'who has reached their plateau: the therapist or the patient? And when to refer on to a specialist Neurological Physiotherapist. This will ensure that the client receives best practice and the correct level of expertise.

Practical element

The course will use video case studies/ practical demonstrations to support the theoretical component of the course.

Course aims

The aim of this course is to provide MSK physiotherapists with a basic skill set to confidently assess and commence treatment with a neurological client. The course is designed to incorporate the current guidelines and evidence base to support your clinical rationale. The prospective business development opportunities will be discussed and considered.

Objectives:

- To enhance participants' skills and confidence in the assessment process for the Neurological patient.
- To enhance participants' knowledge of how exercise and manual therapy can be applied effectively to the treatment of clients with Neurological Conditions.
- To enhance participants' clinical reasoning skills to highlight the impairments that they can treat, and also identify those who may require referral to a "Specialist" in Neurological Physiotherapy.
- To provide participants with the knowledge of treatment, treatment adjuncts and supporting evidence to manage Neurological Conditions.

HOW DO YOU SEE THAT THIS COURSE WILL ENHANCE CLINICAL / BUSINESS / DIVERSIFICATION SKILLS AND INCREASE POTENTIAL MARKET SHARE / CLINIC TURNOVER?

Understanding the specific needs of the Neurological patient will enable you to manage enquiries effectively and responsibly. By being able to diversify your skill set to include the basic assessment and management of the neurological patient may result in an enhancement of your current caseload. Alternatively, by increasing your knowledge of best practice and the treatment required for a neurological patient you can appropriately refer to a specialist service. Thereby providing satisfaction to the client who knows you have put their best interest first and thus enhancing your business reputation. This will ultimately increase your word of mouth referrals that are generated by satisfied clients.

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Biography

Sarah qualified in 2001 from St George's Hospital Medical School including a placement in New Zealand working in an MSK practice and professional rugby. After returning to the UK she completed her rotations in both London and Northamptonshire. Alongside her NHS role she worked in professional rugby. Sarah's professional interest developed into rehabilitation of movement dysfunction in both her NHS caseload and sport. Driven by her interest in rehabilitation and the realisation that 'neuro' was really for her, she pursued employment in specialist rehabilitation centres and neuro-science in Leamington Spa, Oxford and London. To complement this she completed a Masters Degree in Neurological Physiotherapy in 2006.

Sarah continued to work in Neurology in the NHS and then in private practice. In 2007 she opened her private Neurological Physiotherapy clinic based in Yorkshire and Humberside. Sarah's treatment approach remains very eclectic. She implements both MSK and Neurological treatment techniques when working with her client base. She considers that the 2 disciplines of physiotherapy are not mutually exclusive but overlap and contribute to a successful outcome in therapy. She has a particular interest in rehabilitation technology and the role it plays in facilitating therapy outcomes and promoting independence.

Sarah continues to work clinically and also acts as an expert witness for the Courts in the field of Neurology and rehabilitation. Sarah has taught at national and international level about gait analysis and rehabilitation, the role of technology in rehab and running your own physiotherapy business. Most recently in November 2013 Sarah was invited to lecture at a number of conferences and teach in rehabilitation hospitals across China about Neurological Physiotherapy, treatment approaches and technology.

Reading

Revise: Basic neurological pathologies (Stroke, MS, Parkinson's Disease)

Muscle tone

Spasticity

Gait cycle

Functional Electrical Stimulation - info available from:

http://www.physiofunction.co.uk/Products/Functional_Electrical_Stimulation.asp

Motor Control: Theory and Practical Applications. Anne Shumway-Cook, Ph.D., Marjorie H. Woollacott

Stroke Rehabilitation: Guidelines for exercise and training to optimize Motor skill. J Carr & R Sheherd.

FES NICE Guidelines available from: <http://www.nice.org.uk/nicemedia/live/11932/42902/42902.pdf>

BJNN, Vol. 10 No 2 (2014) Upper Limb Technology for Stroke. J Graham.

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Timetable

Arrival and registration	8.15hrs to 9.15hrs
Assessment of the Neurological patient	9.15hrs
Break	11.00hrs
Treatment approaches	11.15hrs
Lunch	12.30hrs
Treatment adjuncts & case studies	13.15hrs
Break	15.00hrs
Considering & applying the evidence	15.15hrs
Course close	16.30hrs