

SPASTICITY AND ITS MANAGEMENT: TWO DAYS' WORKSHOP SCHEDULE

Lecture Theatre Victoria Hospital

Sunday 14th July 2019

Workshop Day 1

Time	Topics covered	Speakers
9 am- 10.30 am	Anba – introduction; Anba Introduce the speakers Purpose of the workshop	15 min
	Rajiv: spasticity <ul style="list-style-type: none"> • Definition of spasticity. • Conditions causing spasticity • Pathophysiology of spasticity • Types of spasticity • Assessment- introduction to Ashworth and Tardieu 	35 min Rajiv, Sue and Shiva
	Rajiv: Collaborative work	15min
10.30 am- 11am	Tea	
11 am-12.30 pm	Sue: ASIA and autonomic dysreflexia Assessment practicals: Normal tone / abnormal Assessment of abnormal tone Assessment of Range of Movement Ashworth and Tardieu Assessments	30 min 60min Rajiv, Sue and Shiva
12.30 pm-1.30 pm	Lunch	
1.30pm -2.30pm	ICF classification and effects of spasticity	Rajiv, Sue and Shiva 15 min
	Impact on function and rehabilitation	
	Tightness / contractures and deformities	20 min
	Videos	15 min
2:30 pm-3 pm	Tea	
3 pm-4 pm	Rajiv -Case study - MDT intervention	30 min
	Interactive Brain storming Session	30min

SPASTICITY AND ITS MANAGEMENT: TWO DAYS' WORKSHOP SCHEDULE

Lecture Theatre Victoria Hospital

Monday 15th July 2019

Workshop Day 2

Time	Topics covered	Speakers
9 am -10.30am	<p>Patient's Journey Acute care – Medical management. Oral Medications Focal treatment</p> <p>–issues /considerations; role of each discipline and how we work together</p> <p>Sub-acute – when patient is initially mobilized initially;</p> <p>Rehabilitation stage – Medical intervention Impact of spasticity on bowel and bladder</p>	Rajiv ,Sue and Shiva
10.30 am- 11am	Tea Break	
11 am-12:30pm	<p>Practical session - Rehab stage – Therapeutic management of spasticity</p> <p>Muscle and joint integrity Positioning and supports Splinting / orthosis/ serial casting Function Therapy assistive technologies - FES/ robotics/ VR</p> <p>Practical: Splints types and positioning aids</p> <p>Preparing for discharge home and community</p>	Shiva and Sue
12:30 pm-1:30 pm	Lunch	
1:30 pm – 2:45 pm	<p>Medical Management Bladder and Bowel Consideration Other techniques- Nerve blocks EMG Ultrasound assisted Surgical Management Intrathecal baclofen What is really contracture? Is surgery indicated?</p>	Rajiv and Francois Theron
2:45pm to 3.15 pm	Tea Break	
3.15 pm – 4.30	Clinical Pearls of Wisdom	Rajiv and Sue and Shiva
	Question and Answers	