

Outline

Neuropathy - Time for the Facts!

Barriers and myths
Role of the CNS and neuroplasticity
Realistic expectations of peripheral nerve regeneration
Objectively determine resolution or degenerative/no resolution

Objective & Functional Assessment: Mobility/Sensation/Flexibility & Reactions/Cognition

Measuring strength & power through functional activity
Walking tests
Multiplanar assessment with on/off perturbations

Pain Management

What pharmacology & topical applications offer
Modalities: TENS, laser, diathermy, red light, heat
Impact of specific dietary changes
Surgical approaches: transplants, transfers, relocations

Intervention Strategies

Neuroplasticity: motor control, sensory organization
Guidelines for strengthening & endurance
Get more with dual task activity

How to compensate for ongoing symptoms:
Footwear/bracing
Home modifications: grab bars/handrails
Learn from real case studies

Full Spectrum of Intervention Approaches

Hyperbaric oxygen
Acupuncture
Topical creams/oils
Supplements, medications and their impact

Neurodynamics – Nerve Mobility and Health

A look at pain science and nervous system sensitization
Impingement, entrapment, acute, chronic – now what?
Step-by-step exam – objectively identify the origin of dysfunction
The most effective provocative tests

Managing Restricted Nerve Mobility

Neuro-fascial mobilization
Manual and instrument assisted soft tissue mobilization
IASTM, cupping, myofascial release, soft tissue techniques
Current research in neurodynamics
Clinical pearls

Learning Objectives can be viewed at pesirehab.com/webcast/88948

What your colleagues are saying!

★★★★★

"Wow! Theresa was just incredible with her knowledge and examples."
— John, PT

★★★★★

"This was a very informative and interesting course and I learned so much."
— Sonia, OT

★★★★★

"The speaker delivered the topic effectively with evidence-based practice and enhanced by practical personal professional experience."
— Roy, OTA

★★★★★

"Such a well presented course. Thank you for sharing your research, experience, and evidence supported approach."
— Becky, DC

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2-DAY TREATING NEUROPATHY

Best Practice Solutions for Symptom Relief

- Evidence-based interventions for one of the most difficult diagnoses
- Protocols for assessment & treatment of the peripheral and central nervous system
- Facilitate neuroplasticity, use of modalities, dual task training, manual therapy techniques, strengthening, endurance training & more!



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2-DAY TREATING NEUROPATHY

Best Practice Solutions for Symptom Relief

Most rehab professionals believe treating Neuropathy is a lost cause. Conventional wisdom says that once the damage is done, your patients’ only option is medication and learning to live with it.

But it doesn’t have to be that way. Complete symptom resolution is often unrealistic, however even small changes can **move your patients from despair and resignation to hope and independence.**

Join us for this advanced training offering solutions to a difficult diagnosis and discover the **latest and most impactful evidence-based interventions** including:

- Pain management: manual therapy techniques, modalities that are supported by evidence (TENS, lasers, diathermy, etc.), dietary changes and coverage of medication and treatment options outside of rehab.
- How to intervene directly at the central nervous system to facilitate neuroplasticity in motor control and sensory organization.
- Restore peripheral nerve mobility with neuro-fascial release, IASTM, cupping, and soft tissue techniques
- Maximize function when deficits persist – fall risk reduction, home modifications, compensation strategies, home programs and more!

You will walk away with the knowledge and skills to confidently apply functional screening techniques, identify deficits, and design a personalized plan of care.

As a clinician who truly understands neuropathy’s causes, subtypes, and prognosis, you’ll stand out as an expert who can help some of the most challenging and complex patients regain the quality of life they dream of.

Speakers



Mike Studer, PT, DPT, MHS, NCS, CEEAA, CWT, CSST, FAPTA, practices at and founded Northwest Rehabilitation Associates, in Oregon. He has served as the vice-president of the Academy of Neurologic Physical Therapy of the APTA and has been the chair and vice-chair of several special interest groups at both state and national levels. Dr. Studer has presented courses and published articles on topics of neurology, geriatrics, stroke, cognition, PD and preventative care. Mike is a regular guest lecturer on a national and international basis at several universities and national meetings on topics of dual task rehabilitation, concussion, stroke, Parkinson’s Disease, balance, motor control, motor learning in rehabilitation and sport performance, cognitive impairment, and case management. He was awarded the 2011 Clinician of the Year by the Academy of Neurologic Physical Therapy and again in 2014 by the Academy of Geriatric PT. In 2021, Mike received the Mercedes Weiss Service award from APTA Oregon. Mike achieved fellowship status through the APTA in 2020 for achievements in clinical practice, research, education, and leadership.

Disclosures:

Financial: Mike Studer is the co-founding member and co-owner of Spark Rehabilitation and Wellness and receives a speaking honorarium from SMARTFit. Mike Studer receives a speaking honorarium, recording royalties, and a consulting fee from PESI, Inc. All relevant financial relationships with ineligible organizations have been mitigated. Non-financial: Mike Studer is a member of the American Physical Therapy Association, the Vestibular Disorders Association, and the Oregon Physical Therapy Association. He serves on the advisory board of Rehab Management and ADVANCE.



Dr. Theresa Schmidt, PT, DPT, MS, OCS, LMT, CEAS, Chy, is an orthopedic physical therapy specialist and massage therapist integrating traditional and alternative medicine with emphasis on manual therapy, precision exercise, wellness, Reiki, hypnosis, and mindfulness. She presented for NASA/Inomedic, Johns Hopkins, Cleveland Clinic, Vanderbilt Med, Wake Med, and professional associations. She received her doctorate at UNE and served as faculty at Touro PT Programs and CUNY Queens Colleges in NY. She is a published author, expert consultant, Reiki Master Instructor, and hypnotherapist in private practice at Educise® in New Hampshire.

Disclosures:

Financial: Theresa Schmidt is the president of Educise, P.C., and has an employment relationship with CEU Connection. com. She receives a speaking honorarium, a consulting fee, and recording royalties from PESI, Inc. Non-financial: Theresa Schmidt is a member American Physical Therapy Association and the American Massage Therapy Association.

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Target Audience:

Physical Therapists
Physical Therapist Assistants
Occupational Therapists
Occupational Therapy Assistants
Chiropractors
Other Rehab and Healthcare Professionals

Live Webinar Schedule-Both Days

(Times listed in Eastern)

8:00 Program begins

12:00-1:00 Lunch Break

3:30 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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