

## Registration Form

Fax, email or mail this completed form with your payment. **Course is limited to 18 participants to allow for an optimal educational lab experience.** We will email your receipt as confirmation.

Pedscourses@gmail.com

Fax: 845-362-7788

**Registration fee:** *Early registration before March 1, 2019: \$425 (includes lunch)*  
After March 14th \$475 (includes lunch)

Tuition		\$	_____
NMES Unit	\$460	\$	_____
NMES Remote Switch	\$40	\$	_____
**NMES Unit is Optional	S&H	\$	_____ \$10 _____
<b>TOTAL:</b>		\$	_____

### Contact Info

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

Profession: \_\_\_\_\_

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

Phone (cell): \_\_\_\_\_

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

### Billing/Payment

Same as "Contact" address

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

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

Phone: \_\_\_\_\_

Visa/Mastercard # \_\_\_\_\_  
\_\_\_\_\_

Exp date: \_\_\_\_\_ Security Code \_\_\_\_\_

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

**OR** Check # \_\_\_\_\_ enclosed (payable to Pediatric Physical & Occupational Therapy, PLLC)

## Instructor Judy Carmick, MA, PT

Judy received her BS in Physical Therapy at Columbia University and her Masters in Physical Therapy at New York University. She presently works as a pediatric physical therapist with a private practice in the San Francisco/Oakland Bay area of California. She specializes in cerebral palsy (CP) and works with children with CP and other movement disorder problems. Judy developed a task specific method of using electrical stimulation to help children achieve motor learning, motor control, muscle strength and range of motion. Judy has won two prestigious awards including the Jack Walker Award, *American Physical Therapy Association, 1994*. This is given to the best paper of the year for articles published in *Physical Therapy*. As well as the Anniversary Award, *Section on Pediatrics, American Physical Therapy Association, 2003*. One award is given yearly. Judy has published quite a few articles in professional journals including *Pediatric Physical Therapy, Physical Therapy and Developmental Medicine and Child Neurology*. She has taught at Rocky Mountain University of Health Professions for 12 years. She has been invited to lecture at the APTA Combined Sections Meetings. Judy has been teaching continuing education courses for physical and occupational therapists since 1994.

### Cancellation Policy

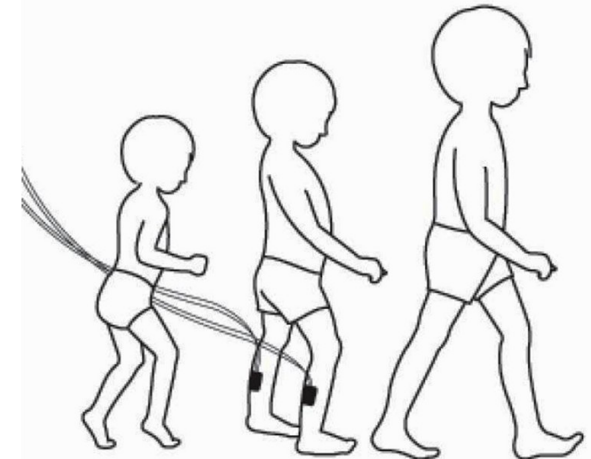
If after enrolling you cannot attend, you may send another qualified professional clinician in your place. However, neither Judy Carmick nor PPOT will be responsible for any financial arrangements, refunds or exchanges between you and your replacement.

Tuition, less \$50 administration fee, is refundable with a written request at least 21 days prior to the start of the course. No refund is possible less than 21 days prior to the start of the course.

PPOT reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.



## Task Specific Electrical Stimulation Workshop



**March 30, 31 2019**

**Judy Carmick, MA, PT**

### Location

Pediatric Physical & Occupational Therapy, PLLC  
873 Route 45 Suite 107  
New City, NY 10956  
(Corner of Route 45 and New Hempstead Road)  
(Exit 11 off of the Palisades Parkway)

# Task Specific Electrical Stimulation Workshop

## Course Description

The first day focuses on why and how to use electrical stimulation (ES) to benefit the child's function, range of motion, alignment and motor learning. Videos and slides of cases will be presented to show the immediate, short term and long term benefits of task specific electrical stimulation (TASES). Improving sitting, grasp, reaching and gait will be emphasized. How ankle foot orthoses may effect gait will also be discussed.

Current ideas will be discussed from the literature on cerebral palsy (CP): spasticity, management, and movement science to help understand the rationale for ES treatment decisions. How to decide which muscles to stimulate at what moment and for what task is the most challenging and the most important part of the workshop. The active task specific approach will include using ES for the trunk and upper and lower extremities during static and dynamic activities. ES equipment will be available for use on both days to gain hands-on experience. On the first day therapists will work with partners and use ES on their upper extremity and trunk. On the second day, lectures and lab will focus on using ES for the trunk and lower extremities and will include gait. The hand-held remote switch will be discussed and used during gait.

## Course Objectives

Participants will be able to:

1. Describe the mechanics of portable ES equip
2. Describe the benefits of using task specific electrical stimulaion
3. Describe how and why to choose and set the parameters
4. Cite the indications, precautions, and contra-indications of ES
5. Plan a treatment with TASES: when and which muscles to stimulate

## Course Objectives (cont'd)

6. Be familiar with the current literature on NMES/FES/ES and understand how it relates to pediatric patients, especially those with cerebral palsy
7. Relate and Understand the different theories of ES/ NMES/FES
8. Describe the basics of task-specific movement science
9. Describe how to evaluate children for the use of ES.

## Program Schedule Day 1

Start	Topics	
7:30	Register/Breakfast (Provided)	00
8:00-10:15	Introduction to ES/NMES/FES/TASES How are we helping those with cerebral palsy? Is our intervention evidenced based? How can ES benefit the child?	2.25
10:15-10:30	Break- <i>Change to lab clothes for elbow and shoulder</i>	00
10:30-12:00	Introduction to ES equipment units and lab.	1.5
12:00-1:00	Lunch (Provided)- <i>Change to lab clothes for shoulder and trunk</i>	00
1:00-2:30	Lecture and lab using ES with upper extremity including the hand and trunk	1.50
2:30-2:45	Break	00
2:45-4:00	(Cont'd) Lecture and lab using ES with upper extremity including the hand and trunk	1.25
4:00-5:00	Further discussion and questions on planning and doing therapy on upper extremity and trunk.	1.0

## Program Schedule Day 2

Start	Topics	
7:30	Sign in & Breakfast (Provided)	00
8:00-9:30	Using TASES/NMES/FES For the lower extremity	1.5
9:30-9:45	Break	00
9:45-10:30	(Cont'd) Using TASES/NMES/FES For the lower extremity	.75
10:30-12:30	TASES continues lower extremity muscles (Gait)	2.0
12:30-1:30	Lunch (Provided)- <i>Change into lab clothes for hips and LE's</i>	00
1:30-2:45	TASES and gait, using the remote switches	1.25
2:45-3:00	Break	00
3:00-4:00	(Cont'd) TASES and gait, using the remote switches	1
4:00-5:00	Questions and Discussions	1

**Level:** Beginner/Intermediate Level

## Target Audience

Rehabilitation team members including orthotists, physical therapists, occupational therapists, physical medicine and rehabilitation physicians and pediatric orthopedists.

Pediatric Physical & Occupational Therapy of Hudson Valley, PLLC is recognized by NYSED's State Board for PT as an approved provider of PT and PTA continuing education.

**15 Contact Hours will be awarded**  
NJ State Board PT Examiners # 1811-14