Electrotherapy Update Are You "Stimulating" Your Patient's Best Outcomes?

Scott K. Stackhouse, PT, PhD
Amy Miller, PT, DPT, EdD

Friday, April 26, 2013

Electrotherapy has broad applications across many different patient groups as an adjunct intervention. There is also a growing body of evidence that supports its use to manage a variety of pain conditions and improve strength and functional outcomes post-knee surgery/injury and post-stroke. The emphasis of this lecture and application course will be on proper set-up, dosing, and outcome measurement to support your treatment plan to utilize electrical stimulation based on the most recent evidence.

For more information contact
Noreen Harrington-Kelly
215-572-2820
Harrington-KellyN@arcadia.edu

Course Objectives

Upon completion of this course, participants will be able to:

1. Identify the training parameters necessary for NMES to maximize quadriceps strength gains.

2. Review and examine well-controlled studies, which utilize NMES to enhance quadriceps strength post ACL reconstruction and TKA.

3. Describe current hypothetical mechanisms that may contribute to NMES's ability to enhance quadriceps strength gains.

4. Construct NMES interventions that will accommodate knee surgical procedures outside of ACL reconstruction and TKA.

5. Review the historical use of FES in neurological practice.

6. Integrate FES into modern motor learning theory.

7. Use FES in musculoskeletal populations as a tool to facilitate learning.

8. Review modes of TENS for pain relief.

9. Discuss and execute proper dosing of TENS for pain relief.

Schedule

8:00- 8:30 Registration (Brubaker 102)

8:30 – 9:45 Intro and Update on Electrical Stimulation for Muscle Strengthening (Brubaker 102)

9:45-10:30 Review of Electrical Stimulation for Pain Control (Brubaker 102)

10:30- 10:45 Break

10:45 - 12:30 Lab: Application of Electrical Stimulation for Muscle Strengthening and Pain Control (Carlin Wing Labs, Health Science Building)

12:30 - 1:30 Lunch (on your own)

1:30 – 2:30 Update on Electrical Stimulation to Improve Function (Brubaker 102)

2:30-4:00 Lab: Application of Electrical Stimulation for Improving Function (Carlin Wing Labs, Health Science Building)

.6 PA CEUs – 6 contact hours

Speakers

Scott K. Stackhouse, PT, PhD

Dr. Stackhouse is an Associate Professor in the Department of Physical Therapy at Arcadia University. He received a BA in Biology-Psychology from Franklin & Marshall College, MS,PT from Arcadia University, and PhD in Biomechanics and Movement Science with a concentration in applied neuromuscular physiology from the University of Delaware. Dr. Stackhouse's clinical experience has focused on outpatient neuromuscular and orthopedic populations and his research has examined neuromuscular function in aging, in conditions such as cerebral palsy and spinal cord injury, and of the rotator cuff. He has 12 peer-reviewed publications and numerous scientific and invited presentations. Dr. Stackhouse has been funded by the Foundation for Physical Therapy and the PVA Research Foundation, received the Chattanooga Research Award from the APTA, and the Christian R. & Mary F. Lindback award for distinguished teaching from Arcadia University.

Amy Miller, PT, DPT, EdD

Dr. Miller is an Assistant Professor in the Department of Physical Therapy at Arcadia University. She received her BS in Physical Therapy from the University of Pennsylvania, DPT from Arcadia University, and EdD in Health Care Education from Nova Southeastern University. She has been course coordinator for the clinical electrophysiology content for Arcadia's entry level DPT program for the past 10 years. Her clinical focus has been on the older adult seen in the homecare setting. As an invited speaker and educator her teaching and research focuses on training students in the area of clinical decision making. She has received the Arcadia Adjunct Faculty Award and PPTA Geriatric Special Interest Group Award of Excellence.

FOR DIRECTIONS PLEASE VISIT OUR WEBSITE AT www.arcadia.edu

-Registration Form-

Electrotherapy Update

Friday, April 26, 2013

Name: _____

Address: _____

_____

Phone #: _____

E-mail: _____

(Confirmations will be sent via e-mail)

Employer: _____

Cost: $150.00

Registration Deadline: April 15, 2013

NO REFUNDS AFTER: April 15, 2013

Please register early, enrollment is limited

Make Checks Payable and Mail To:

Arcadia University PT Department
450 S. Easton Road
Glenside, PA 19038