

# Spasticity Management in Motion:

Midwest Spasticity Conference 2009  
and the Pediatric Spasticity Symposium

Saturday, October 3, 2009

The Bertram Inn & Conference Center  
Aurora, OH



 Cleveland Clinic

[www.ccfcm.org/spasticity09](http://www.ccfcm.org/spasticity09)

# Overview

The symposium will highlight advances in spasticity management and techniques to enhance function and quality of life in individuals with spasticity. Emphasis will be placed on adult stroke and pediatric cerebral palsy but the topics covered can be applied across neurological conditions. Case presentations will be used to illustrate the complexity of decision making and outcome measurement and to generate discussions with the audience. Specific issues, treatments and rehabilitation techniques will be presented via interactive breakout sessions.

## Objectives

Upon completion of this conference, the participant will be able to:

- Describe the pathophysiology and clinical presentation of spasticity
- Evaluate the consequences of spasticity on function and quality of life
- Design a comprehensive management plan for patients with spasticity
- Identify specialized interventions aimed at optimizing function in patients with spasticity

## Target Audience

Neurologists, neurosurgeons, physiatrists, pediatricians, primary care physicians, physical therapists, occupational therapists, nurse practitioners, physician assistants, nurses and other disciplines involved in the diagnosis and treatment of spasticity.

## Case Submission for Panel Discussion

If you are interested in submitting a case of a patient with a complex spasticity problem for the interactive expert panel discussion, please contact Brigid Ring at [ringb@ccf.org](mailto:ringb@ccf.org) for the guidelines.

The Cleveland Clinic Foundation Center for Continuing Education acknowledges an educational grant for partial support of this activity from:

**Allergan, Inc.**

# Faculty

## Cleveland Clinic Course Co-Directors

### **Francois Bethoux, MD**

Director, Rehabilitation Services  
Mellen Center for Multiple Sclerosis Treatment  
and Research  
Neurological Institute

### **Mark Luciano, MD, PhD**

Director, Center for Pediatric Neurosurgery  
Center for Pediatric Neurology and Neurosurgery  
Neurological Institute

## Cleveland Clinic Planning Committee

### **Sue Gara, OTR/L**

Occupational/Recreation Therapy Manager  
Cleveland Clinic Children's Hospital Shaker Campus

### **Debabrata Ghosh, MD**

Staff, Center for Pediatric Neurology and  
Neurosurgery  
Neurological Institute

### **Carrie Lundenberger, MS, OTR/L**

Physical Medicine & Rehabilitation  
Neurological Institute

### **Keith McKee, MD**

Staff, Mellen Center for Multiple Sclerosis Treatment  
and Research  
Neurological Institute

### **Carrie Proch, PT**

Physical Medicine & Rehabilitation  
Neurological Institute

### **Darlene Stough, RN, MSCN, CCRP**

Research Nurse Coordinator  
Mellen Center for Multiple Sclerosis Treatment  
and Research  
Neurological Institute

### **Matt Sutliff, PT**

Rehabilitation Manager  
Mellen Center for Multiple Sclerosis Treatment  
and Research  
Neurological Institute

## Guest Faculty

### **Salman Azhar, MD**

Director, Stroke Center  
Chief, Rehabilitation Services  
Lutheran Medical Center  
Brooklyn, NY

### **Janice Brunstrom-Hernandez, MD**

Director, Pediatric Neurology Cerebral Palsy Center  
St. Louis Children's Hospital  
Associate Professor, Washington University  
School of Medicine  
St. Louis, MO

### **Jennifer Evans, MS, ATP**

Chief Methods Engineer  
Cuyahoga County Board of Developmental Disabilities  
Cleveland, OH

### **JoAnn Granke, OTR/L**

Staff Pediatric Occupational Therapist  
MetroHealth Medical Center  
Cleveland, OH

### **Lynne R. Sheffler, MD**

Assistant Professor, Department of Physical  
Medicine and Rehabilitation  
MetroHealth Medical Center  
Case Western Reserve University  
Cleveland, OH

### **Leslie M. Smith, OTR/L, ATP**

Occupational Therapist  
Cuyahoga County Board of Developmental Disabilities  
Cleveland, OH

## Cleveland Clinic Faculty

### **Jenny Ahl, RN**

Center for Pediatric Neurosurgery  
Neurological Institute

### **Kim Carruthers, CO, LO**

Physical Medicine & Rehabilitation  
Neurological Institute

### **Dwyer Conklyn, MM, MT-BC, NMT**

Neurologic Music Therapist  
Arts & Medicine Institute

### **Doug Henry, MD**

Developmental and Rehabilitation Pediatrics  
Cleveland Clinic Children's Hospital Shaker Campus

### **Carolyn Leitch, MS, OTR/L**

Staff Pediatric Occupational Therapist  
Cleveland Clinic Children's Hospital Shaker Campus

### **Trish Martin, PT**

Satellite Manager  
Cleveland Clinic Children's Hospital Shaker Campus

### **Mary Morrison, PT, MHS**

Staff Pediatric Physical Therapist  
Cleveland Clinic Children's Hospital Shaker Campus

# Agenda

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*Time for questions and answers are included in each presentation*

- 7:00 am      **Registration/Continental Breakfast**  
McKinley Ballroom Foyer
- 8:00 am      **Introduction/Welcome**  
*Francois Bethoux, MD*
- 8:15 am      **Enhancing Function Through Spasticity Management After Stroke**  
*Salman Azhar, MD*
- 9:30 am      **Refreshment Break & Exhibits**
- 9:45 am      **Challenges of Spasticity Management in Cerebral Palsy Across the Life Span**  
*Janice Brunstrom-Hernandez, MD*
- 11:00 am     **Case Presentations/Panel Discussion/Q&A**  
*Salman Azhar, MD, Janice Brunstrom-Hernandez, MD, Francois Bethoux, MD, Mark Luciano, MD, PhD, Matt Sutliff, PT, Carrie Lundenberger, MS, OTR/L, Doug Henry, MD*
- 12:00 pm     **Lunch**



## **BREAKOUT SESSIONS** – Please indicate your selection on the registration form

### Session I:

**1:00 - 1:55 pm**

- Breakout A: **Music Therapy and Gait**  
Dwyer Conklyn, MM, MT-BC, NMT and Francois Bethoux, MD
- Breakout B: **Intrathecal Baclofen Therapy Troubleshooting and Dosing**  
Keith McKee, MD and Jenny Ahl, RN
- Breakout C: **Pediatric Orthotics**  
Kim Carruthers, CO, LO
- Breakout D: **Dystonia and Other Movement Disorders**  
Debabrata Ghosh, MD

### Session II:

**2:00 - 2:55 pm**

- Breakout E: **Functional Electrical Stimulation for Upper and Lower Extremity**  
Lynne R. Sheffler, MD
- Breakout F: **Impact of Spasticity Management on Pain in Adult Patients**  
Francois Bethoux, MD
- Breakout G: **The Use of Kinesio Tape as an Adjunct in the Treatment of Spasticity**  
Trish Martin, PT and Mary Morrison, PT, MHS
- Breakout H: **Home Accessibility**  
Jennifer Evans, MS, ATP and Leslie M. Smith, OTR/L, ATP

2:55 -3:10 pm **Refreshment Break & Exhibits**

### Session III:

**3:10 - 4:05 pm**

- Breakout I: **Functional Electrical Stimulation for Lower Extremity in Adults and Children: Case Discussions & Demonstration**  
Matt Sutliff, PT
- Breakout J: **Botulinum Toxin Therapy in Adults – Injection Demonstration with ELVIRA™ Upper Limb**  
Salman Azhar, MD
- Breakout K: **Craniosacral and Cerebral Palsy**  
JoAnn Granke, OTR/L
- Breakout L: **Movement Techniques on the Swiss Ball**  
Carolyn Leitch, MS, OTR/L

4:05 pm **Evaluation**

4:15 pm **Adjourn**

# General Information

## Location

The Bertram Inn & Conference Center  
600 North Aurora Road  
Aurora, OH 44202  
Phone: 877-995-0200 or 330-995-0200  
[www.thebertraminn.com](http://www.thebertraminn.com)

## Hotel Accommodations

A block of rooms has been reserved at The Bertram Inn & Conference Center. To make your reservation, contact the hotel directly and mention the "Cleveland Clinic Spasticity Conference" to receive the special rate of \$89.00 per night plus tax. To secure this rate, you must make your reservation by September 4, 2009.

## Parking

Self parking is available at no charge.

## Information

For further information about this activity, contact Brigid Ring at  
Local: 216-445-0754  
Toll Free: 800-223-2273 x50754  
Email: [ringb@ccf.org](mailto:ringb@ccf.org)  
**[www.ccfcmec.org/spasticity09](http://www.ccfcmec.org/spasticity09)**

## Registration and Cancellation

Register at **[www.ccfcmec.org/spasticity09](http://www.ccfcmec.org/spasticity09)**. Registration deadline is **5:00 pm (EST), Wednesday, September 30, 2009**. A request for a refund must be received in writing by September 19, 2009. No refunds will be given after September 19, but registration is transferable for this conference through October 3, 2009. A \$50 cancellation fee will be deducted from the refund for all cancellations.

## Accreditation

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this educational activity for a maximum of 6.75 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity may be submitted for American Osteopathic Association Continuing Medical Education credit in Category 2.

Credit is being applied for with the OT section of the Ohio OT PTAT Board and the Ohio Physical Therapy Association. *Approval is pending.*

## Faculty Disclosure Statement

The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus.

## Americans with Disabilities Act

The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Brigid Ring at 216-445-0754 at least two weeks prior to the activity.

# Registration Form

Course 020568 • Office Use Only

Fee \_\_\_\_\_ Date \_\_\_\_\_

M.O.P. \_\_\_\_\_ CXL/Fee \_\_\_\_\_

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Complete the information below if registering by mail or fax:

PLEASE PRINT

First Name MI Last Name Degree

Address

City State Zip

Phone Fax

Specialty E-Mail

Payment must be received prior to admittance to the course. Purchase orders are not accepted.

**Go to: [www.ccfcmc.org/spasticity09](http://www.ccfcmc.org/spasticity09)**

Once you register online, please do not mail or fax in a registration form.

**CCF main campus, family health centers, and CCHS community hospital employees (physicians and non-physicians) should register online at the above web address.**

### CONFERENCE FEES

Includes syllabus, continental breakfast, refreshment breaks and lunch

- Physician/Surgeon \$275.00
- Physical Therapist/Occupational Therapist \$175.00
- Resident\*/Fellow\* \$175.00
- Nurse/Physician Assistant \$175.00
- Other Allied Health Professional \$175.00
- Compicare Affiliate Member ID# \_\_\_\_\_ \$178.75
- Cleveland Clinic Alumnus \$165.00
- Student\* \$50.00

\*Letter from Program Director or Chairman must be received in our office prior to the course to receive this fee.

I require a vegetarian lunch

### BREAKOUT SESSION SIGN-UP

Session I – 1:00 pm – Circle One	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
Session II – 2:00 pm – Circle One	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>
Session III – 3:10 pm – Circle One	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>

**Total amount enclosed or to be charged:** \$ \_\_\_\_\_

### PAYMENT

Make check payable to: The Cleveland Clinic Educational Foundation

or charge the following account:  Visa  MasterCard  American Express  Discover

Card Number Exp. Date

Signature (not valid without signature)

3 Digit V-Code, on back of card

**If you are unable to register online, FAX your registration to 216-448-0783.**

**If paying by check, registration should be MAILED to:**

The Cleveland Clinic Educational Foundation  
P.O. Box 931653 • Cleveland, OH 44193-1082

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