

Amputee Rehabilitation:

Evidence-Based Strategies Across the Continuum of Care

Inger Brueckner, MS, PT



Faculty

Inger Brueckner is the principle physical therapist treating amputee patients at Presbyterian/St. Luke's Medical Center. Her experience working with multidisciplinary teams spans from pediatrics to geriatrics; partial foot to hemipelvectomy; and partial hand to forequarter amputation including multi-limb loss. Inger has a master's degree in PT, co-authored an article on pre-prosthetic training, and speaks at numerous conferences. She's involved in research that includes grant applications, protocol development, and outcome collection. She specializes in pediatric vestibular dysfunction at Sky Ridge Medical Center and is the Director of the PACER program for the Center for Concussion. Inger is excited to share her experiences working with a team to meet the needs of the amputee population.

Disclosure -Financial: Ms. Brueckner receives an honorarium from ERI for teaching. Non-financial: No non-financial relationships to disclose.

"After taking this course I now feel more prepared and confident to work with patients with limb loss."

- E Montoya, PT

About this Live Webinar

This course offers a comprehensive perspective for management of the limb loss patient. Clinical expertise can be difficult to obtain since this population is a small proportion of the rehabilitation caseload. Current research, expert opinions from PT, OT, orthopedic and plastic surgeons, PM&R, prosthetists, as well as patient experiences will be presented. The class addresses the medical issues and common complications that place limbs at risk. Attendees will learn to make educated clinical decisions to improve function. This dynamic course addresses limb loss due to diabetes, vascular disease, trauma, cancer, sepsis and congenital issues. Current guidelines recommend therapy interactions start pre-operatively and continue through the lifespan of the patient. New technology, surgical techniques and futures directions are included in discussion. Many of the techniques described in the course can be applied to patient populations with limbs at risk and the multi-trauma patient. The course is primarily lecture with multiple video clips taken throughout the continuum of care. There will be case-based analysis and critical problem solving intermixed with labs, lectures and demonstrations. Access to videos of demonstrated techniques will be included.

Objectives

- Design, implement and modify an individual rehabilitation program using up to date techniques for common co-morbidities and with knowledge of the lifetime needs of this population
- Identify movement and posture dysfunction that can be addressed with therapy interventions efficiently and recognize when other disciplines may need to be consulted
- Identify and address frequent complications such as phantom pain, residual limb pain, low back pain and skin integrity
- Discuss upper extremity loss and address ADLs by problem solving the functional deficit
- Recognize questions the patient may have regarding the entire spectrum of rehabilitation and identify the role in a team to maximize outcomes

Patient Population & Audience

This course is designed for: PTs, PTAs, OTs, OTAs, and ATCs who are working with patients who have limb loss. This course is relevant across the lifespan for all persons with limb loss or limb difference.

Help your patients achieve better outcomes.

Schedule – Day 1 9:40 am - 7:00 pm EST (US)

- 9:40–10:00 Webinar Registration/Zoom Course Opens
- 10:00-10:45 Amputations: Scope of the problem, evidence based treatment, multidisciplinary team approach, insurance coverage, pre-operative evaluation
- 10:45-12:00 Patient perspectives, specific concerns for diabetes, peripheral neuropathy, vascular dysfunction, trauma, tumor and infection. Surgical considerations of nerve, bone, muscle and skin, amputation level. Psychological, impacts, social support and caregiver education
- 12:00-12:15 Break
- 12:15-1:00 Intra-operative video of surgical techniques, rotationplasty, Ertl technique, limb lengthening, and revision surgery
- 1:00-2:00 Acute post-op overview, evaluation, positioning, compression, initial exercises, mirror therapy, OT/OTA role in lower limb loss, initial upper extremity interventions, sound limb protection
- 2:00-2:30 Lunch
- 2:30-3:45 ADLs, adaptive equipment, functional problem solving, home modification, multi-limb loss and upper limb considerations, vehicle modifications
- 3:45-4:45 Pre-prosthetic rehabilitation including upper limb, core exercises, ROM, home program barriers, considerations for critical illness, cancer, rehabilitation for non-prosthetic candidates
- 4:45-5:00 Break
- 5:00-6:15 Cardiovascular activity using updated guidelines for diabetes, peripheral neuropathy, vascular dysfunction, critical illness conditions, aquatic therapy, falls and balance training
- 6:15-6:30 Modification consideration of pre-prosthetic activity

Schedule – Day 1 (continued)

- 6:30-7:00 Upper extremity body and myoelectrical powered prosthetics, donning/doffing, ADLs, PT/PTA role in upper extremity loss, overuse syndromes, posture concerns
- 7:00-7:30 Prosthetist discussion: approach to care, effective communication in the medical team

Schedule – Day 2 9:40 am - 5:00 pm EST (US)

- 9:40–10:00 Webinar Registration/Zoom Course Opens
- 10:00-11:00 Prosthetic training and fabrication, suspension systems, components including micropressor knees, initial delivery, wear schedule, donning/doffing, fit with sock ply changes, sit->stand transfers, floor transfers and fall training, skin care and preparation
- 11:00-12:00 Gait training, assistive device selection, gait deviations, stairs, ramps, turning, bilateral transfemoral, hip disarticulation and multi-limb considerations, outcome measures
- 12:00-12:30 Group discussion of invited gait video review of possible interventions
- 12:30-12:45 Break
- 12:45-2:00 Running and adaptive sport activity for all levels, planning for travel
- 2:00-2:30 Lunch
- 2:30-4:00 Complications: management techniques for skin disruptions, neuromas, weight management/endurance phantom pain, residual limb pain, low back pain
- 4:00-4:15 Break
- 4:15-5:00 Advancements in prosthetic and surgery, targeted muscle re-innervations, pattern recognition, osseointegration and future trends

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Credits

This course meets the criteria for 14 contact hours (1.4 CEUs, Intermediate Level).

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Webinar Dates and Times

April 9-10, 2021

9:40 am EST • 8:40 am CST • 7:40 am MST • 6:40 am PST (US)

Registration is for both Sessions. Zoom log-in Instructions and Course Materials will be emailed/added to your ERI account 5-7 Days prior to the first date of the Webinar.

Inger Brueckner invites you to share a patient problem description or a short video of amputee gait to discuss as a group. It should be a 30-60 second video of gait or any function to be reviewed with the class. An email address will be provided in the confirmation to send the case study and/or video.



\$369 fee. LIMITED ENROLLMENT Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14 day deadline. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

WEBINAR: Amputee Rehabilitation: Evidence-Based Strategies Across the Continuum of Care/Inger Brueckner

April 9-10, 2021

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