

# Brachial Plexus Birth Injury: Early Care Imperatives

James H. Northcutt, OTR, MOT, CHT

## Faculty

James H. Northcutt II, OTR, MOT, CHT has coordinated the brachial plexus clinic at Texas Children's Hospital in Houston for the past seven years. He started his career in adult upper extremity care in 2011 and transitioned to pediatrics at Shriners Hospital for Children - Houston in 2013. He guest lectures on brachial plexus birth injury and upper extremity anatomy for TWU's DPT and OTD programs. His special interests include innovation and cross-disciplinary collaboration with the Engineering and Design program at Rice University. James believes that families make the greatest impact on pediatric patients. Weekly therapy should not replace therapist-guided, parent-executed therapeutic interactions at home. Equipping parents to help their children is always a priority. He has been married to his "beautiful and better therapy half," Leah, a pediatric physical therapist, for almost eight years. They have two boys, Isaac (5) and Evan (3), and are expecting another boy in December.

**Disclosure:** receives a speaking fee from Education Resources.

**Non-Financial:** no relevant non-financial relationships to disclose.

## About this On-Demand Course

This continuing education course offers healthcare professionals an in-depth understanding of care required for children with brachial plexus birth injury (BPBI). Participants will explore a broad range of essential topics, covering everything from timely interventions to advanced orthosis fabrication. The course begins by stressing the importance of prompt and accurate care, showing how early intervention can significantly improve long-term outcomes. Participants will then be introduced to unique evaluation techniques that enable precise diagnosis and risk assessment, crucial for developing individualized care plans. Preventative therapy will be a major focus, where attendees will delve into evidence-based approaches to prevent common sequelae associated with BPBI. Additionally, the course will cover innovative techniques for orthosis fabrication that do not require a splint pan, providing practical solutions in various clinical environments. Participants will gain insights into the surgical management of BPBI, including an overview of current surgical options and their appropriate use. Post-operative therapy protocols will allow attendees to apply the latest strategies for enhancing recovery and improving function. Finally, the course will address the critical role of caregivers in the rehabilitation process. Attendees will learn effective ways to empower and equip caregivers, ensuring they are confident and capable of managing their child's ongoing needs. By the end of this course, participants will have a well-organized understanding of BPBI management, from initial evaluation and intervention to ongoing care strategies for children from birth to 3 years of age, enabling them to provide effective and tailored care to this unique patient population.

## Learning Objectives

- Identify asymmetric risk factors in infants with brachial plexus birth injury.
- Apply crucial care timelines to ensure patients with BPBI benefit from all therapeutic, medical and surgical care available.
- Identify treatment options for early care, common sequelae, and post-operative care for children with BPBI.

## Audience

Birth to three therapists including OTs, PTs, SLPs, and Special Educators.

## SCHEDULE (3 hours total)

- Brachial Plexus Birth Injury Basics & Crucial Care Timeline
- Evaluation for 0-3 Years of Age (History, Head & Neck, Development, Arm/Hand, Standardized Tests, Sensorimotor, PROMs)
- PM Early Intervention Treatment Strategies (positioning, orthosis application, coordination of care)
- Outpatient Treatment Strategies 0-3 Years of Age (handling, “fun”ctional strengthening, strapping/orthosis application, ADL training, toy selection)
- Medical / Surgical Intervention Strategies & Post-Operative Care (primary nerve surgery, Botox + casting, secondary orthopedic surgery)
- Equipping Caregivers for the Continuum of Care (fielding difficult questions, giving realistic hope & guiding care)
- Pulling it All Together
- Post-test

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## Credits:

Continuing Education Hours for disciplines not listed below: 3 contact hours (0.3 CEUs). Intermediate level.



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**Education Resources, Inc.**  
Intermediate level  
0.3 ASHA CEUs

This course can be used toward your NBCOT renewal requirements for 3 units. Provider for the FL Occupational Therapy Association CE Broker for 3.5 CE Hours - approval #20-1305354.

ASHA CE Provider (Intermediate level). This session applies 0.3 ASHA CEUs toward approval but must be combined with all Part B Sessions to receive ASHA CEUS. ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products, or clinical procedures. Approved by the FL Physical Therapy Association for 3.5 CE Hours - approval #\_\_\_\_\_. This course has been approved by the MD State Board of Physical Therapy Examiners for 3 Continuing Education Hours. This session applies \_\_ CE hours toward approval but must be combined with entire course to receive approval by the MN Board of PT, #\_\_\_\_\_. Approval #2505-44by the NJ State Board of Physical Therapy Examiners for 3 CECs. Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 3.5 contact hours. The Illinois Early Intervention Training Program has approved this event for 1 AS, 1 ATY, 1 INT hours of EI credential credit in the area of Intervention. Approved provider by the NY State Board of PT for 3.5 contact hours (0.35 CEUs). This session applies 3 hrs. toward approval but must be combined with entire course to receive approval by the OH PT Association - Approval #\_\_\_\_. Education Resources is an approved agency by the PT Board of CA for 3 contact hours. This activity is provided by the TX Board of PT Examiners accredited provider #2210017TX for 3 CCUs and meets continuing competence requirements for PTs and PTAs licensure renewal in TX. Approved Provider for OK State Board of Medical Licensure & Supervision #BAP202310003. 3 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

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**COST - \$99**