

Combining Constraint Induced Therapy and IM to Improve Adult Neuro-Rehabilitation Outcomes



Course Description:

When working with TBI and CVA patients, the therapist is searching for an evidence-based treatment modality to assist the patient in obtaining the best possible goal-oriented outcome. This course is designed to help you think “outside the box” and use the IM in conjunction with other modalities such as the Constraint Induced Therapy Program to help facilitate the patient’s ability to drive neuroplasticity in motor recovery for rehabilitation of the upper extremity. *This course is not offered for contact hours/CEUs.*

Target Audience:

- Occupational Therapist
- Occupational Therapy Assistant
- Physical Therapist
- Physical Therapy Assistant
- Athletic Trainer
- Licensed Medical Professional

Learning Outcomes:

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

- Describe standard Interactive Metronome and Constraint Induced Therapy (IM/CI) protocols;
- Determine the candidacy of a patient for the IM/CI treatment program;
- Determine how to modify the IM/CI treatment program based upon the patient’s functional motor impairments;
- Document treatment outcomes.

**Note: This course covers information that pertains to licensed therapists and therapy assistants. OTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.*

Instructor:

Lisa Poe, OTR/L earned her Bachelor’s degree in Occupational Therapy from the University of Mississippi Medical Center in 1994. She is founder and owner of A Focused brain, LLC, an Outpatient Occupational Therapy Clinic located in Madison, MS. Lisa has considerable experience treating neurological conditions in both children and adults. Her interests include ADHD, ADD, Autism, Sensory Processing Disorders, Developmental Delay, Learning Disabilities, Stroke, Traumatic Brain Injury, and Spinal Cord Injury. Lisa is trained in multiple treatment approaches such as Constraint Induced Therapy, Integrated Listening System, Handwriting Without Tears, NDT, Bioness, Saebo and Hippotherapy. She is a guest lecturer at UMC Occupational Therapy School, Holmes Community College COTA Program and a variety of local community venues.

Lisa implements the Interactive Metronome and IM-Home with a client- centered functional approach. She is dedicated to helping children & adults achieve their maximum level of function in school, work, home, social & community settings. Lisa has travelled extensively as a National Instructor for Interactive Metronome since August of 2010. She has authored several educational courses for Interactive Metronome and co-authored the IM Fall Risk Reduction Program. As an IM-Home Specialist, Lisa consults with IM Providers of all professional disciplines to help them develop personalized IM-Home programs for clients & families nationally and internationally.

Disclosures:

Instructor Financial Disclosure(s): Lisa is the author/co-author of courses that focus on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored/coauthored. Lisa is also an instructor for Interactive Metronome, for which she receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Lisa receives compensation for her role as IM-Home Clinical Specialist on a fee-for-service basis from Interactive Metronome, Inc. She does not sell or receive compensation for the sale of Interactive Metronome or IM-Home products.

Instructor Nonfinancial Disclosure(s): Lisa is founder and owner of A Focused brain, LLC, and uses Interactive Metronome & IM-Home in her practice.

Agenda (60 minutes):

- Speaker introduction & disclosure
- Overview of Interactive Metronome (IM) & Constraint-Induced (CI) Therapy

- The Importance of Repetition & Feedback in Rehabilitation
- Patient Selection for Combined IM & CI
- Modifying Treatment Approach Based Upon Individual Needs
 - Patient's Personal Rehabilitation Goals
 - Addressing Specific Joint Movements with Greatest Potential to Improve
 - Adapting Placement and Use of IM Triggers in Conjunction with CI
- Videos
- Documenting Care
- Case Study

Instructional Methods:

LECTURE, PPT, VIDEOS, CASE STUDY

Contact Hours/CEUs:

This course is not offered for contact hours/CEUs.