

Course Title: Spinal Cord Injuries 105 - Spinal Cord Injury: Exercise and Fitness

Course Description: Spinal Cord Injuries 105, Spinal Cord Injury (SCI): Exercise and Fitness, is a 2-hour course designed for the intermediate clinician working with patients with spinal cord injuries attempting to increase or maintain the patient's current fitness level. There are many considerations for patients with SCI that the clinician must consider when designing an exercise program for the patient with SCI. Some of these issues include work and anaerobic and aerobic capacity. Exercise programs need to be developed with physiological adaptation in mind and created within certain parameters in order to be safe, beneficial and effective for the patient with SCI. Special considerations should be taken into account along with a review of body systems effected by exercise including the autonomic nervous system, the endocrine system, cardiovascular system and pulmonary system. Metabolic alterations, issues of thermoregulation and additional guidelines for exercise screening are all reviewed. Case studies are used to highlight clinical application. At the end of this course, the learner will have a more comprehensive understanding of how to develop individualized exercise programs for the patient with SCI.

Target Audience: OT / OTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 2 contact hour / .2 ceu

Course Prerequisites: None

Course Author / Instructor: David R. Gater, Jr., MD, PhD / Brown, MS, OTR/L

Learning Objectives:

- Become familiar with various exercise considerations for the individual with SCI
- Differentiate work, anaerobic and aerobic capacity
- Understand how exercise impacts the autonomic nervous system, cardiovascular and pulmonary systems in the individual with SCI
- Discuss exercise parameters for the individual with SCI

Agenda:

Hour #1

Introduction

Definitions of Fitness, Exercise, and Benefits

Effect of Exercise on Fitness Parameters

Physiological Systems

Considerations and Adaptations with Spinal Cord Injury

Effects of Exercise on upper Limb

Repetitive Strain

Hour #2

Exercise Screening

Exercise Prescription

Barriers to Implementation

Case Study #1

Case Study #2

Summary

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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