



## **Registration Fees**

**Members \$395**

**Non-Members \$560**

## **Your Profession is Our Business**

*Group pricing available for 4 or more from the same organization. Call 708-452-7640 for details*

### **Physical Agent Modalities**

**Saturday, June 8 and Sunday, June 9, 2019**

#### **Course Description**

##### **16 Contact hours**

Incorporating thermal and electrical modalities as an adjunct intervention within a treatment plan can enhance patient outcomes. This comprehensive two-day hands-on course will emphasize the application, theory, and evidence behind the use of both thermal and electrical modalities in clinical practice. The lectures and lab practice will foster critical thinking skills to enable practitioners to select and use therapeutic modalities applied to a variety of patient conditions.

Topics covered are: indications, contraindications/precautions, methods of application for superficial heat and cold modalities, ultrasound, and electrical modalities. Also covered are evaluation principles pertinent to modality selection and a brief review of upper quarter anatomy to assist with application of physical agent modalities, and a discussion on ethics, documentation, and the economics of therapeutic modalities.

Through lecture, demonstration, considerable lab practice, and numerous case studies participants will apply the information learned and skills practiced directly to their practice settings.

Modalities covered: Moist heat packs, paraffin wax treatment, fluidotherapy, ultrasound, cold packs, ice massage, contrast bath, neuromuscular electrical stimulation (NMES), transcutaneous electrical stimulation (TENS), interferential current (IFC), high voltage pulsed current (HVPC), and iontophoresis (IO). An introduction to biofeedback will also be included.

#### **Location**

Silver Cross Hospital  
1900 Silver Cross Blvd.  
New Lenox, IL 60451

#### **Learning Objectives**

Upon completion of this seminar, participants will:

1. Apply evidence to select and apply therapeutic modalities within a patient's treatment plan.
2. Identify and describe indications and contraindications pertinent to using thermal and electrical modalities with patients.
3. Utilize patient case scenarios to select the most effective modality and the appropriate parameters to increase performance of occupations.
4. Demonstrate safe and effective application of thermal and electrical modalities in an occupational therapy treatment plan.
5. Appreciate the economics and ethics of using modalities in practice.

**ILOTA Members—don't forget to use your \$40.00 membership CE coupon at registration!**

**Register online at  
[www.ilota.org](http://www.ilota.org)**

**This course will provide 16 hours of didactic training and laboratory experience necessary to meet the standards of the state of Illinois Occupational Therapy Practice Act for use of physical agent modalities.**

**Physical Agent Modalities  
ILOTA 2 Day Course  
Meets IDFPR Modalities Requirements**

**Course Schedule**

**JUNE 8, 2019 8:00-5:00**

<b>8:00 – 8:15</b>	Introductions & Course Overview
<b>8:15 – 8:45</b>	Ethics, Economics, Evaluation, & Documentation
<b>8:45 – 9:15</b>	Upper Quarter Anatomy Review
<b>9:15 – 10:30</b>	Principles of Electrical Stimulation
<b>10:30 - 11:30</b>	LAB 1: Electrical Stimulation, parameters, electrode placement
<b>11:30-12:00</b>	Neuromuscular Electrical Stimulation (NMES)
<b>LUNCH 12:00 – 1:00</b>	
<b>1:00 – 2:30</b>	LAB 2: Practice Neuromuscular Electrical Stimulation (NMES)
<b>2:30 – 3:30</b>	Transcutaneous Electrical Nerve Stimulation (TENS) & Interferential (IFC)
<b>3:30 – 4:30</b>	LAB 3: Practice Transcutaneous Nerve Stimulation (TENS) & Interferential (IFC)
<b>4:30 – 5:00</b>	Electrical Stimulation Discussion & Questions

**JUNE 9, 2019 8:00-4:30**

<b>8:00 – 9:30</b>	Iontophoresis (IO) High Volt Pulsed Current (HVPC)
<b>9:30 – 10:45</b>	LAB 4: Practice Iontophoresis (IO) & High Volt Pulsed Current (HVPC)
<b>10:45 – 12:00</b>	Electrical Stimulation Case Studies: Laboratory Practice & Discussion Post-test - electrotherapy
<b>LUNCH 12:00 – 1:00</b>	
<b>1:00 – 2:00</b>	Superficial Thermal Modalities: Heat & Cold
<b>2:00 – 3:00</b>	Ultrasound
<b>3:00 – 4:00</b>	LAB 5: Superficial Thermal Modalities & Ultrasound
<b>4:00 – 4:30</b>	Questions, Post-test, Turn in course evaluation

**Our Course Instructors**

**Dana Lingle, MHS, OTR/L, CHT** has been an Occupational Therapist for 33 years practicing in upper extremity rehabilitation, academics, inpatient rehabilitation, geriatrics, and home health care. For the past 17 years, she has been an Assistant Professor in the Occupational Therapy Program at Midwestern University teaching a variety of classes: physical agent modalities, orthotics, work rehabilitation, anatomy, and upper extremity evaluation & treatment. She has been a Certified Hand Therapist (CHT) since 1995 and has practiced for the past 28 years at Kleiser Therapy, an outpatient hand therapy clinic.

Ms. Lingle completed her Master of Health Science degree from the University of Indianapolis in 2010 and Bachelor of Science degree in Occupational Therapy from Eastern Michigan University in 1984. She is currently pursuing her doctorate degree from the University of St. Augustine. Dana has presented continuing education courses and lectured locally, nationally, and internationally on a variety of topics including physical agent modalities, shoulder rehabilitation, ergonomics, orthotics, peripheral nerve injuries, and more. Ms. Lingle is an active member of AOTA, ASHT, and ILOTA and is co-chair of the Work and Industry SIS for ILOTA.

**Susanne Higgins OTD, OTR/L, CHT** graduated from University of Illinois with a Bachelor of Science degree in Occupational Therapy in 1981. She earned her Master of Health Sciences degree at University of Indianapolis in 2010 and completed her doctorate in occupational therapy at Rocky Mountain University of Health Professions in 2016. She has been a Certified Hand Therapist (CHT) since 1992 and a charter member of the ASHT since 1988. She serves on the Education Division of the American Society of Hand Therapists. She is the co-chair of the Work and Industry SIS for the Illinois Occupational Therapy Association.

Susanne is an Assistant Professor of Occupational Therapy at Midwestern University and for 12+ years has been teaching courses such as kinesiology, orthotics, upper extremity rehabilitation, physical agent modalities, anatomy along with administration and leadership. She has presented continuing education courses on a variety of topics related to upper extremity rehabilitation locally and internationally. Her clinical experience is in outpatient orthopedics in the western suburbs of Chicago.

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