



Registration Fees

Members \$385

Non-Members \$550

*Group pricing available for 4 or more
from the same organization.*

Call 708-452-7640 for details

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Meets requirements of the Illinois Occupational Therapy Practice Act Rules for use of physical agent modalities by occupational therapy practitioners. [IDFPR Rules Section 1315.162](#)

Course Description

16 Contact hours

Incorporating thermal and electrical modalities as an adjunct to a treatment plan can enhance patient outcomes. This comprehensive course will emphasize the application and theory behind the use of both thermal and electrical modalities as they apply to a variety of patient diagnoses. The course will be based on current evidence and will develop critical thinking skills to enable practitioners to select and use thermal and electrical modalities as they apply to current practice.

Topics covered are: principles and methods of application for a variety of superficial heat and cold modalities, Ultrasound, and Electrical modalities: Transcutaneous Electrical Nerve Stimulation (TENS), Iontophoresis, Neuromuscular Electrical Stimulation (NMES), and High Volt Pulsed Stimulation, and Biofeedback. It will include evaluation principles, indications, precautions and contraindications, with a brief review of upper quarter anatomy pertaining to the use of physical agent modalities. Ethics, documentation and economics of physical agent modalities will be discussed.

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

Two Day Schedule

June 10, 2017

7:30 am Sign in, networking and continental breakfast

8:00 am —5:00 pm—Course instruction

June 11, 2017

7:30 am Sign in, networking and continental breakfast

8:00 am —5:00 pm—Course Instruction

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

Location

***Memorial Hospital
4700 Memorial Drive
Belleville, IL 62226***

***Register on-line at
www.ilota.org/education***



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Physical Agent Modalities

Meets IDFPR Modalities Requirements

Day 1

- Upper Quarter Anatomy Review
- Evaluation Principles & Documentation Pertinent to Physical Agent Modalities
- Principles of Electrical Stimulation
- Neuromuscular Electrical Stimulation (NMES)
- Laboratory: Introduction to E-Stim. & electrode placement; NMES
- Transcutaneous Electrical Nerve Stimulation (TENS) & Interferential (IFC)
- High Volt Pulsed Current (HVPC)
- Laboratory: practice TENS, IFC, and HVPC Iontophoresis (IO)
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Day 2

Electrical Stimulation Case Studies and Laboratory Practice in Small Groups followed by Discussion

Superficial Thermal Agents

- Heat Modalities
 - **Application: Moist Heat Packs, Fluidotherapy, Paraffin Wax
- Cold Modalities & Hydrotherapy
 - **Application: Cold Pack, Ice Massage, Hydrotherapy, Contrast Bath
 - **Laboratory: Thermal Agents

Deep Thermal Agents

- Ultrasound
 - Laboratory: Ultrasound
 - Case Studies in Small Groups followed by discussion
- Questions, post-test, course evaluation

Course Instructors

Dana Lingle MHS, OTR/L, CHT, has been an Assistant Professor at Midwestern University in the Occupational Therapy Program for the past 9 years. She teaches courses in physical agent modalities, OT evaluation and treatment, advanced upper extremity evaluation and treatment, basic and advanced splinting, work rehabilitation, health and wellness, and assists in the anatomy laboratory. She has been a practicing clinician for 24 years and a Certified Hand Therapist since 1996. Ms. Lingle has worked at Kleiser Therapy for the past 18 years. She is an active member of ASHT, AOTA, and IOTA. She presented at the 2006 WFOT Conference in Sydney, Australia.

Susanne Higgins MHS, OTR/L, CHT, is an Assistant Professor in the Occupational Therapy Program at Midwestern University in Downers Grove Illinois. She teaches courses in physical agent modalities, upper extremity rehabilitation, orthotics, kinesiology, and anatomy. She has been a Certified Hand Therapist since 1992 and a practicing clinician for over 25 years. She has presented continuing education courses on a many topics including orthotics, physical agent modalities, biomechanics, functional outcome measures, tennis elbow, peripheral nerve injuries and more. She is a member of the Education Division of the American Society of Hand Therapists.