



Advanced course in spasticity and dystonia treatment

Title:

Treatment of muscle overactivity in **hand muscles**

Date: 07. September 2020

Purpose:

The participants should at the end of the course have gained competence to independently identify problems related to muscle overactivity in complex movements in the forearm and hand muscles. Be able to set SMART/ GAS goals for the treatment. To Identify muscles with UL and EMG/ Stim guidance technic and plan and perform relevant treatment with botulinum toxin. To evaluate the treatment response and adjust the subsequent treatment. The participant will acquire basic knowledge of the use of selective diagnostic motor nerve blocks and surgical treatment options. The participants will know when and how to involve relevant interdisciplinary partners and will have knowledge about relevant aids for optimal treatment results.

Participants:

Doctors working with rehabilitation and treatment of muscle overactivity who have some (basic) competencies in the use of ultrasound guiding in the treatment of spasticity and/ or dystonia. The participants may be neurologist, neuropsychiatrists, hand surgeons, rehabilitation doctors, neurophysiologists.

Number of participants:

12 – 18

Participation fee:

1000 DKR

Attendance to the course. Coffee breaks. Lunch

Registration:

E-mail to secretary of DANDYSPAS jeanet.roger.vilhelmsen@regionh.dk deadline 17.08.20

Venue:

Rigshospitalet Glostrup
Nordstjernevej 8 (Festsalen)
2600 Glostrup
Denmark

Language:

English

Steering committee:

Consultant Bo Biering-Sørensen, Neurologist, Denmark
Consultant Heidi Bryde Biernat, Neurologist, Denmark
Consultant Jun He, Neurologist, Denmark
Consultant Rikke Middelhede Hansen, Rehabilitation Doctor, Denmark
Consultant Martin Faber Boxill, Neuropediatrician, Denmark
Consultant Ulrik Jørgensen, Neurologist, Denmark
Occupational Therapist Peter Vögele, Denmark
Consultant Maja Villseth, Neurologist, Norway
Consultant Michael Nilsson, Rehabilitation Doctor, Sweden
Consultant Trandur Ulfarsson, Rehabilitation Doctor, Sweden

Program:

09.00-09.15: Welcome and introduction

09.15-10.15: Anatomy and physiology of forearm and hand muscles including complex movements. Hand Surgeon Anders Kjørup.

10.15-10.30: Break

10.30-11.30: Typical muscle overactivity patterns in different diseases (CP, Spinal cord injury, Stroke, Focal dystonia). Perspectives from different centers. Video cases. Steering committee

11.30-12.00: Surgical treatment options. Hand Surgeon Anders Kjørup.

12.00-12.45: Lunch

12.45-14.15: "Hands on" Ultrasound training of forearm and hand muscles. Consultant Maja Villseth and Consultant Kristin Østlie

14.15-14.45: Break

14.45-16.00: Live patient demonstration. Assessment and Goal setting. 3 patients. Groups rotating between patients (20 min with each patient). Steering committee

16.00-16.15: Break

16.15-16.45: Selective diagnostic motor nerve blocks. Consultant Martin Bitsch

16.45-17.15: Orthosis and hand aids / exoskeleton for hand

Neuromuscular Electrical Stimulation (NMES). Occupational therapist Peter Vögele

17.15-17.30: Summary and Evaluation