



Physical Agent Modalities (PAMs) for OT Practitioners: 2-Day Live Workshop

September 16 & 17, 2023 | In-person
Saturday 8am – 5pm, Sunday 8am - 12pm EST

Location: Nova Southeastern University (NSU)

3400 Gulf to Bay Boulevard, Clearwater, FL 33759

Cost: \$400 (includes all supplies and use of equipment)

CEUs: 12 Contact Hours/1.2 AOTA CEUs

Instructors: Willow Henry, PT, DPT, CWS, CLT &
Lisa Owen, OTD, OTR/L, CLT, CHT

Target Audience/Educational Level: Introductory - OTPs, students, and CHTs/advanced clinicians are welcome!

Physical agent modalities (PAMs) can be a valuable adjunct treatment to enhance outcomes of patients receiving therapy services. This course is geared toward OT students and practitioners and aims to educate the therapist in how to incorporate safe and effective application of PAMs into clinical practice. The course consists of a 2-day live workshop for lab demonstration and hands-on practice opportunities. **This course was designed to meet Florida PAMs certification training requirements including 4 hours of live training on ultrasound and 4 hours of live training on e-stim modalities.** This course also includes 1 hour of training on superficial hot/cold modalities.

ADA and Special Requests:

Please contact Right Hand prior to registration to discuss any particular needs and/or requests.

Course Objectives:

Following the course, participants will be able to:

1. Name Physical Agent Modality (PAM) terminology.
2. Recognize biophysical principles of application of PAMs.
3. Identify the physiologic response of tissue to application of PAMs.
4. Select the appropriate clinical use and parameters for application of PAMs.
5. Name contraindications, precautions, and warnings for safe use of PAMs.
6. Identify and demonstrate how to modulate parameters to achieve the desired effect of PAMs that will support and prepare a patient for engagement in occupational activities.
7. Identify the safe use and maintenance of PAMs equipment and topical medications.
8. List patient education about PAMs risks, benefits, and application.
9. Identify and demonstrate appropriate PAMs and list the clinical rationale/indications to prepare patients for engagement in functional activity.

What to Expect/Instructional Methods:

Participants must sign and submit a **waiver** to RHT prior to being considered fully registered for the course. PAMs equipment will be available onsite at NSU for use by the first 28 participants who register. We will provide all associated supplies to use this equipment including electrodes, ultrasound gel, and printed handouts. Learning outcomes will be assessed during live observation and demonstration of skills, as well as via a pre- and post-test during the course. Class size is limited to ensure ample opportunities for individual instruction and practice. Participants complete the course following successful demonstration of skills throughout the live workshop and will be issued a certificate of completion at the end of the 12-hour workshop.

Course Agenda:

Day 1: 8:00am – 5:00pm

Morning Session

8:00 – 8:30am Introductions & Pretest

8:30 – 9:15am Tissue Healing & Edema

9:15 – 9:30am Pain Mechanisms

9:30 – 10:15am Introduction to Estim

10:15 – 11:30pm TENS

11:30 – 12:30pm Lunch (on your own)

Afternoon Session

12:30 – 2:00pm IFC sensory/motor

2:00 – 3:30pm NMES/FES

3:30 – 4:00pm Clinical Decision Making/Case Studies (Estim)

4:00 – 5:00pm Hot/Cold Modalities

Day 2: 8:00am – 12:00pm

Morning Session only

8:00 – 9:15am Introduction to Ultrasound

9:15 – 11:00am Ultrasound lab

- Pulsed
- Continuous

11:00 – 11:30am Clinical Decision Making/Case Studies (Ultrasound)

11:30 – 12pm Questions/wrap up & Posttest

Course adjourns

Approved Provider

Right Hand Therapy is an AOTA Approved Provider of professional development - Provider #11677. AOTA does not endorse specific course content, products, or clinical procedures.



Application of superficial hot/cold modalities



Neuromuscular Electrical Stimulation (NMES)



Safe and supportive learning environment!

How to Prepare for the Live Workshop:

Participants should dress comfortably in layers to permit access to pertinent anatomy (tank top, etc). Participants will be working in groups of four participants per set of PAMs equipment.

Please bring the following items from home for personal use during the workshop:

- ✓ pillow
- ✓ pillowcase
- ✓ towel and facecloth

Parking at NSU: FREE for participants!



Cancellation Policy:

Right Hand Therapy reserves the right to cancel a live workshop with fewer than 28 participants, or due to circumstances outside of its control, and will return all payments. Participants must also notify Right Hand Therapy regarding cancellation of registration no less than 45 days prior to the live course for a partial refund (less \$75.00 for administrative fees.)

Contact Information:

Lisa Owen, OTD, OTR/L, CLT, CHT
Owner of Right Hand Therapy, LLC
Email: lisa@righthandtherapy.com
Phone: (603) 821-0544

Registration Options

Online: www.righthandtherapy.com
Phone: 603-821-0544

Mail Sign Up Form:

Name: _____

Credentials: _____

Email: _____

Phone: _____

Address: _____

Please email in advance to reserve your spot if you are registering via mail: lisa@righthandtherapy.com

Form of payment (circle one): check credit card
Please make checks payable to **“Right Hand Therapy”**

Credit Card #: _____

CVV: _____

Expiration Date: _____

Zip code: _____

Please charge my credit card: \$ _____

Signature: _____

Please detach form & mail with payment to:



Right Hand Therapy
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