

**Comprehensive Spinal Cord Injury Rehabilitation: Interventions and Strategies to
Maximize Outcomes in Functional Independence and Participation
October 17, 2026**

COURSE DESCRIPTION

Designing effective interventions for individuals with spinal cord injuries (SCI) goes beyond knowing the expected outcomes at each injury level. To deliver truly comprehensive care, rehab professionals must also account for the unique challenges and opportunities presented throughout the continuum of recovery.

This course addresses key components of SCI rehabilitation, including:

- Common complications that impact progress and performance in ADLs and IADLs
- Prevention and management of shoulder pain
- Seating and positioning essentials for function and skin integrity
- Optimized movement strategies for upper extremity and truncal control across injury levels

Through real-patient video analysis, case discussions, and interactive lab sessions, participants will gain hands-on experience designing and applying interventions that truly matter — from movement strategies to advanced transfer skills and implications to function. This course is designed to challenge your clinical reasoning and expand your intervention toolkit.

COURSE LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

1. Identify common complications of patients with SCI and their impact on ADL and IADL performance
2. Examine interventions for targeting upper extremity function and truncal control for patients with varying levels of injury in the acute and subacute setting.
3. Analyze the common causes of shoulder pain and design an optimal strengthening program.
4. Distinguish key components of seating for optimal positioning in order to engage in functional tasks.

PROGRAM

Saturday October 17, 2026	
7:30-8:00am	<i>Registration & Continental Breakfast</i>
8:00-9:00	Demographics, Clinical Syndromes, Common Complications & Functional Implications of Level of Injury
9:00-9:45	Early interventions for Acute Level Patients
9:45-10:00	<i>Break</i>

10:00-10:45	Shoulders and SCI: Pain & Exercise Progressions
10:45 – 11:30	Seating & Positioning for Engagement in Functional Tasks & ADLs
11:30-12:00pm	Case Studies
12:00-12:30	<i>Lunch</i>
12:30-1:30	Cervical Level Injuries: Function, Goals & Transfers (Includes Lab)
1:30-2:30	Thoracic Level Injuries: Function, Goals & Transfers (Includes Lab)
2:30-2:45	<i>Break</i>
2:45-4:15	Practice Facilitation of Movement Progressions for Cervical & Thoracic Level Injuries (Lab)
4:15-5:00	Design Additional Interventions (Lab)
5:00 – 5:15 pm	Q&A

SPEAKER

J. J. Mowder Tinney, PT, PhD, NCS is a highly experienced physical therapist, holding a PhD and multiple certifications including a Clinical Specialist in Neurologic Physical Therapy (NCS). With over 30 years of expertise, primarily focusing on neuromuscular deficits, she received her education from the University of Colorado – Boulder, University of Miami, and Nova Southeastern University. JJ is recognized for her outstanding contributions, receiving awards such as the Award for Excellence in Neurologic Education from the ANPT and the Marilyn Moffat Distinguished Service Award. She conducts seminars nationwide on various topics including neurological deficits, spinal cord injuries, and exercise prescription for aging adults.

INTENDED AUDIENCE

The intended audience includes occupational therapists, occupational therapy assistants, physical therapists, and physical therapist assistants.

EDUCATION LEVEL

Educational Level:

Intermediate—Information is geared to practitioners with a general working knowledge of current practice trends and literature related to the subject matter. Focus is on increasing understanding and competent application of the subject matter.

COURSE DIRECTORS

Allison Bauer, O.T., O.T.D., CSRS and Danielle Anshus, M.S., O.T., O.T.D., CSRS

CREDIT

Physical therapy credit: Sponsored by the Program in Physical Therapy, College of Medicine, Mayo Clinic. This course meets the criteria for up to 8.0 Continuing Education Units per Minnesota Physical Therapy Rules 5601.2400, 5601.2500.

Occupational therapy credit: Mayo Clinic - Rochester Campus is an approved provider of continuing education by the American Occupational Therapy Association #5660. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. At the conclusion of this conference, participants will be awarded a certificate for up to 8.0 contact hours or 0.80 AOTA CEUs.



American
Occupational Therapy
Association

Approved Provider

LOCATION, ACCOMMODATIONS AND TECHNICAL SUPPORT

The location is 200 First Street SW, Siebens Building, Rooms 11-24 and 11-30, Rochester, MN, 55905. If you have any questions or accommodation needs, please email PMRConf@mayo.edu or kannas.stephanie@mayo.edu.

CANCELLATION POLICY

This course or series is provided at no cost and only to Mayo Clinic employees. Attendance is voluntary and requires registration in advance. If the PM&R Education Committee determines the need to cancel or reschedule a series or session, we will provide as much advanced notice as possible to learners, via our internal email distribution lists.