



SCI FORUM

Northwest Regional Spinal Cord Injury System
University of Washington • 2019



Wednesday, September 25 at 7:00 PM

Hospital Cafeteria (Plaza Café) Conference Room A/B/C
University of Washington Medical Center, 1959 NE Pacific St., Seattle, WA, 98195

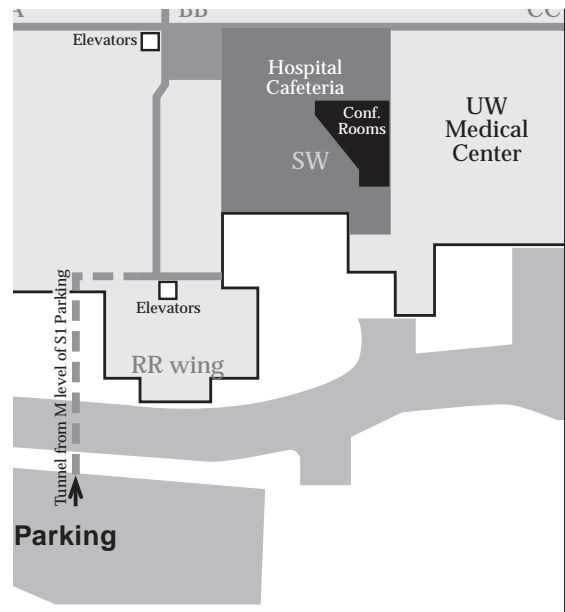
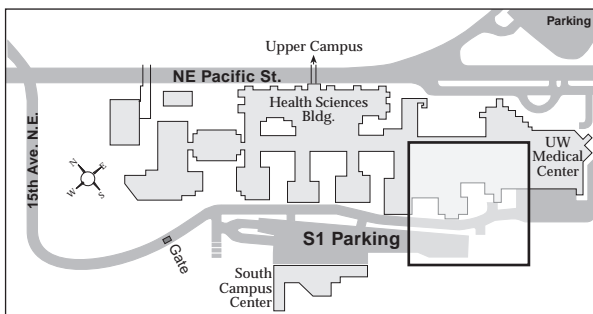
Revolutionary Shoulder Care for Spinal Cord Injury

If you push a wheelchair, transfer yourself, or use a walker/crutches, you know that your shoulders do more than their fair share. Are you struggling with your shoulder health or concerned about keeping your shoulders healthy for the long term? Do you sometimes feel overwhelmed by conflicting or confusing advice? Clinicians and therapists, are you seeking new ways to provide optimal care? **Julie Grant, OTR/L, and Jill McVey, DPT, ATC** will share their clinical and personal experiences and dissect the research literature to help you more effectively care for your shoulders (or the shoulders of your patients). Whether you need to know if that pinch in the shoulder will go away if you just ignore it, or if you need to overhaul your entire strength program, Julie and Jill have you covered. Let the revolution (in shoulder care) begin! **Continuing education credits will be available for physical and occupational therapists: 1.5 contact hours.**

5:30 PM - 6:30 PM Meet & Greet: meet in the hospital cafeteria (Plaza Café) to socialize and eat (buy or bring dinner) before the forum. No RSVP—just show up!

How to get to the forum:

- Enter the S-1 parking lot off 15th Ave NE. Stop at the gatehouse to purchase a parking pass (\$5).
- Park on the M level (see map below).
- Take the tunnel labeled “Hospital” into RR wing (see map on right) and take the elevator up to first floor.
- Go down the hall; the cafeteria (Plaza Café) will be on your right.



Enlargement of inset area from left.

2019 SCI Forum Schedule

Wednesday, October 23.....*Managing Finances: Special Needs Trusts*

More SCI Forums coming in 2020! Be sure to check our website for up-to-date information:
sci.washington.edu/forum

Subscribe to receive announcements of upcoming forums: ***sci.washington.edu/subscribe***

The SCI Forum is an evening information and discussion program focusing on topics relating to life with spinal cord injury. For more information, call 206-616-2183 or email nwrscis@uw.edu.
Open to the general public.