



## Advanced course in spasticity and dystonia treatment

**Title:**

Treatment of muscle overactivity in muscles working on **the foot**

**Date:** 11. Oktober 2022

**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 lower leg and foot 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, neuropediatricians, orthopedic surgeons, rehabilitation doctors, neurophysiologists.

**Number of participants:**

12 – 18

**Participation fee:**

1000 DKR

Attendance to the course. Coffee breaks. Lunch

**Registration:**

On [www.DANDYSPAS.com](http://www.DANDYSPAS.com) deadline 11.09.22

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**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 Kristin Østlie, Neurologist, Norway  
Consultant Jelena Simic, Rehabilitation Doctor, Norway

**Program:**

09.30-09.45: Welcome and introduction

09.45-11.15: Anatomy and physiology of lower leg and foot muscles including complex movements and gait analysis. Orthopedic surgeon Gert Rahbek

11.15-11.30: Break

11.30-12.30: Typical muscle overactivity patterns in different diseases (CP, Spinal cord injury, Stroke, focal dystonia). Perspectives from different centers. Video cases. Steering committee

12.30-13.00: Surgical treatment options. Orthopedic surgeon Gert Rahbek

13.00-13.45: Lunch

13.45-15.15: "Hands on" Ultrasound training of lower leg and foot muscles. Consultant Jelena Simic, Consultant Michael Møller and Consultant Kristin Østlie

15.15-15.45: Break

15.45-17.00: Live patient demonstration. Assessment and Goal setting. 3 patients. Groups rotating between patients (20 min with each patient). Steering committee.

17.00-17.15: Break

17.15-17.45: Selective diagnostic motor nerve blocks. Consultant Martin Bitsch

17.45-18.15: Foot orthosis, exoskeleton for the foot and Neuromuscular Electrical Stimulation (NMES). Physiotherapist Nanna Felsager Jakobsen

18.15-18.30: Summary and Evaluation