

4th Week for Somatosensory Rehabilitation

5th to 8th March 2012

4th WEEK for SOMATOSENSORY REHABILITATION
2012

Problem

- When the patients that are placed in our care have been suffering too much for too long, when their facial expression remains frozen, how can the hope of a better tomorrow be rejuvenated: a future with less shooting pain, with less burning sensations - simply put - with a decrease of **neuropathic pain**.
- Most patients suffering from chronic pain have cutaneous sense disorders. A decrease in the hypoaesthesia (for example the pressure perception threshold) will, at the same time, cause a decrease of their chronic neuropathic pain (for example the McGill Pain Questionnaire).

Overall Aim

- To rehabilitate the disorders of the cutaneous sense on the basis of the neuroplasticity of the somaesthetic system so as to lessen chronic neuropathic pain.
- To avert the outbreak of painful complications by rehabilitating the cutaneous sense.
- To build bridges between rehabilitation, medicine and the neurosciences.

Specific Objective

- To evaluate disorders of the cutaneous sense: aesthesiography, static 2-point discrimination test, tingling signs and somaesthetic symptoms, pressure perception threshold, etc.
- To evaluate painful complications with the McGill Pain Questionnaire: mechanical allodynia, reflex sympathetic dystrophies, neuralgia, etc.
- To implement planned rehabilitation procedures within the context of chronic pain complications.
- To adapt the knowledge of mainstream neurology for use in rehabilitating neuropathic pain and vice versa.

Teachers

- Claude Spicher, BSc OT, Swiss certified HT, Manager & therapist in the Somatosensory Rehabilitation Centre, University scientific collaborator www.unifr.ch/neuro/rouiller/collaborators/spicher.php
- Rebekah Della Casa, OT, therapist in the Somatosensory Rehabilitation Ctr.
- Isabelle Quintal, BSc OT, therapist in the Somatosensory Rehabilitation Ctr.

Guestspeakers (on Monday, at 6 p.m.)

- Dr Josef Strehle, MD, Fusszentrum Bern www.myfeet.ch, BERN, Switzerland
- Prof Jean-Marie Annoni, MD, Neurology Unit, Department of Medicine, University of Fribourg, FRIBOURG, Switzerland
- Dr Sebastian Dieguez, PhD, Psychologist, Neurology Unit, Department of Medicine, University of Fribourg, FRIBOURG, Switzerland

www.unifr.ch/neuro/rouiller/teaching/continedu.php

Date	5 th to 8 th of March 2012
Time Table	9am – 12am & 1pm – 5 pm
Duration	28 hours
Place	Clinique Générale; 6, Hans-Geiler Street ; Fribourg
Price	CHF 990 / 1050 CAD Dollars / 1070 US Dollars / € 780 / £ 660 (Work Documents in English + Handbook + Atlas)
Reference	Spicher, C.J. (2006). <i>Handbook for Somatosensory Rehabilitation</i> . Montpellier, Paris: Sauramps Médical. Spicher, C.J., Desfoux, N. & Sprumont, P. (2010). <i>Atlas des territoires cutanés du corps humain</i> . Montpellier, Paris: Sauramps Médical.

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5th to 8th of March 2012

REGISTRATION FORM

Deadline: Monday, 6th February 2012

Name:

First (given) name:

Professional occupation:

Address:

e-mail address:

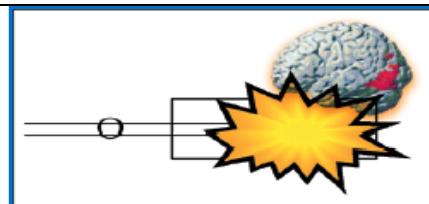
Please fill and return to:

Claude Spicher
Department of Medicine – Physiology
Rue du Musée 5
CH-1700 Fribourg
Switzerland

e-mail : claudio.spicher@unifr.ch

or

Fax: +41 26 350 06 35



PROGRAM

4th WEEK for SOMATOSENSORY REHABILITATION 2012

1st Day

Morning:

Your patients suffer from hypersensitivity to touch

Diagnostic testing of axonal lesions (part one)

Afternoon:

Workshop introduction

Workshop

Rehabilitation of hyposensitivity

6 pm: [Conferences at the university of Friburg](#)

2nd Day

Morning:

Diagnostic testing of axonal lesions (part two)

A Way of Hope towards the Liberation from Neuropathic Pain

Afternoon:

Desensitization at the site of axonal lesions

Live Treatment

Chronic Neuropathic Pain decreases through Somatosensory Rehabilitation

3rd Day

Morning:

Allodynography

Static Mechanical Allodynia

VAS

Distant vibrotactile counter-stimulation

Rainbow pain scale

Afternoon:

Chronic pain

Live Treatment

McGill Pain Questionnaire

4th Day

Morning:

CRPS Definition and Therapy

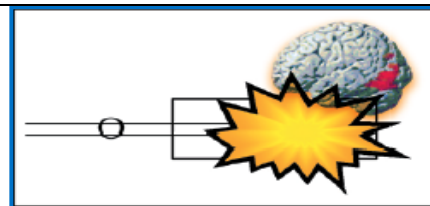
Ideas for every days practice

Afternoon:

Case report

Live Treatment

Drugs and Prevention



Atlas des territoires cutanés

64 charts, named in English

FOREWORD

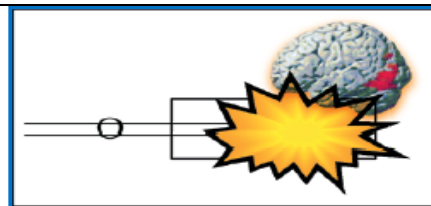
Although anatomists have, for a long time, instructed both students and clinical colleagues about the importance of human skin (often describing the skin as “the largest organ in the human body”), it remains that the skin has received far too little attention. This is unwarranted, both biologically and clinically. It clearly does not require great imagination to appreciate the skin’s importance as a protective barrier, or indeed to realise how it binds, and configures, underlying structures. Furthermore, we are sufficiently advanced scientifically to understand well how skin is involved with temperature regulation.

When assessing the skin’s clinical importance, most times mention is made of Langer lines and also the application of knowledge relating to the skin’s innervation and sensory perception. Unfortunately and all too frequently, knowledge and understanding of the cutaneous innervation is rather vague (as displayed in any of the classical anatomy textbooks) and is often based on historical perspectives and not clinical examples.

It is with great pleasure, therefore, that I have the privilege of providing a foreword to this book by Claude Spicher, Nadège Desfoux and Pierre Sprumont, who are themselves distinguished therapists and anatomists. This book is based on outstanding research and, in consequence, it maps out the cutaneous peripheral nerve fields by specific reference to clinical cases. To use a “buzz word” that is nowadays commonly employed in medical disciplines: it is evidence-based. The understanding of the territories delineating the cutaneous distribution of the nerves is of obvious clinical importance and is treated here through a unique atlas format that will be immensely useful to clinicians assessing patients with neurological disorders. Indeed, even those whose prime clinical interests do not directly accord with cutaneous innervations should, nonetheless, appreciate the approaches adopted to analyse, and record, nerve topography. I fully anticipate that the authors’ approaches will generate praise, the book being exemplary in showing how anatomical information can be organised for best clinical utilisation. The authors are, therefore, to be congratulated on completing such a fine enterprise.

Bernard Moxham

Professor of Anatomy, Cardiff University,
President of the International Federation of Associations of Anatomists (IFAA)



Handbook for Somatosensory Rehabilitation TABLE OF CONTENTS

Foreword : A Lee Dellon, MD

Introduction

Part 1

Definitions, Testing & Rehabilitation of Basic Cutaneous Sense Disorders in Case of Neurological Lesions.

Senses: Some Useful Distinctions

1. Muscle Sense
2. Cutaneous Sense
 - A. *Protective Sense*
 - B. *Vibrotactile Sense*
 - C. *Somatosensory Recovery Stages*
 - D. *Nerve Regeneration*
3. Touch

Testing of the Cutaneous Sense

1. Argumentation to the Prescribing Doctor
2. Diagnostic Testing of Axonal Lesions
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 - B. *Static 2-Point Discrimination Test*
 - C. *Tingling Signs*
 - D. *Somatosensory Qualifiers*
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 - A. *First Strict Bed Session of a Patient Suffering from a Cerebral Vascular Accident, in Particular with a Sensorimotor Hemisysndrome*
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Introduction

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2. Treatment
 - Few Analgesic Drugs*

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 - B. *Few Neuralgias as Examples*
 - C. *Etiopathogenesy*
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Conclusion

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2. Three Classifications of Somatosensory Recovery
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6. Three Tables of Vibration Amplitude Concordance for Different Generators
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Ihre Meinungen zum Thema - Ce qu'ils en disent - Their point of view -

Published in the *American Journal of Hand Surgery*, with the kindly authorization of its editor-in-chief, the authors and the publisher.

BOOK REVIEW

Handbook for Somatosensory Rehabilitation. Claude Spicher, Paris: Sauramps Medical, 2006; 199 pages, \$36.00.

The *Handbook for Somatosensory Rehabilitation* provides a practical primer for individuals interested in the rehabilitation of patients following peripheral nerve lesions and particularly painful nerve lesions. This book will be useful primarily to rehabilitation specialists interested in sensory recovery and rehabilitation following nerve injury.

This book is authored by Claude Spicher, an occupational therapist who has devoted his career to the treatment and study of patients with peripheral nerve injuries. Spicher is a certified hand therapist of the Swiss Society for Hand Therapy and in 2004 founded the Somatosensory Rehabilitation Center in Switzerland. This book is easy to read and understand; it is obviously written with passion by an individual dedicated to this specialty.

Part One of this book outlines the basic definitions, testing, and rehabilitation principles for patients following neurological lesions. Spicher provides the reader with an excellent summary of the critical aspects that pertain to the evaluation of patients with sensory nerve injuries. He provides an excellent compilation of definitions, terms, and syndromes that are commonly seen in this patient population. With a sufficient bibliography, the reader is quickly directed to other, more detailed monographs and references. This book is not meant to provide a definitive literature review, but the comprehensive bibliography provides the reader with the capability to pursue other sources of specific interest.

Part Two addresses primarily the evaluation and treatment of patients with neuropathic pain and includes some specific treatment strategies that have worked in the author's personal experience. This

book also discusses and recommends the McGill Pain Questionnaire, which is just one of many questionnaires that are available to assess pain. Spicher should be commended for recommending the use of a valid and reliable measure for pain. Pain, however, is a complex phenomenon with psychosocial issues, such as anxiety, depression, and catastrophic pain, that can also impact these patients and should be considered in management but are beyond evaluation with the McGill Pain Questionnaire. In other sections, such as CRPS, the reader is provided with a brief overview of the topic, and the interested reader should research other sources for more comprehensive reviews.

This book provides the reader with an overview of a very complicated problem. It is good "starter" material for individuals interested in this patient population. It is filled with detailed personal reflection. As such, Spicher clearly states that he is not intending this book to be anything more than his interpretation over his very long career in managing these patients. Perhaps the most useful part of this book is the bibliography, which will direct the reader to manuscripts that may be obscure but also relevant. The book achieves its intent as Spicher states: A "handbook based on practice with its originality in the attempt to synthesize numerous publications and in the introduction of a few personal touches." It is, in fact, Spicher's personal touches, anecdotes, and musings that readers will find enjoyable and perhaps stimulating and beneficial to the evaluation and management of their own patients.

*Susan E. Mackinnon, MD
St. Louis, MO*

*Christine B. Novak, MS
Toronto, Ontario, Canada
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