

# Scandinavian diploma education in cervical dystonia and spasticity treatment (Skandyspas)



# Curriculum for physician education

## TARGET GROUP:

Current and future practitioners

## MEDICAL SPECIALTY:

Neurologists, neurophysiologists, neuropsychiatrists, and rehabilitation physicians.

### Main purpose and learning objectives

After finishing the 3 courses the participant is able to analyze spasticity and dystonia and select relevant diagnostic and treatment options for these types of muscle overactivity. The participant is competent in the use of ultrasound and EMG guidance techniques for intramuscular botulinum toxin treatments and can accurately and safely treat the salivary glands. The participant has a thorough understanding of the interdisciplinary approach to treating muscle overactivity and is aware of how and when the local communal resources can be used to optimize the cooperative efforts for outpatient settings.

#### Course 1:

**Place: Rigshospitalet Glostrup, Copenhagen**

**Time: 16th to 18th of September 2024.**

Themes:

- Analysis of spasticity.
- Pathophysiology of muscle overactivity
- Theory of instruments for analysis of spasticity (MAS and Tardieu)
- Theory of SMART-goals and Goal Attainment Scale (GAS)
- Correct use of and evidence for botulinum toxin treatment
- Terminology of muscle overactivity
- Different types of ultrasound- and EMG-equipment
- Identification and practical guides to treatment of muscles using ultrasound and EMG (spasticity)
- Instructions for take-home assignment.

#### Course 2:

**Place: TBA (either Denmark or Norway)**

**Time: 7th to 9th April 2025**

Themes:

- Intrathecal Baclofen treatment
- Oral treatment options
- Practical use of instruments for analysis of spasticity (MAS and Tardieu)
- Functional assessments and testing
- Practical use of SMART-goals and Goal Attainment Scale (GAS)
- Advanced diagnostic methods (gait-lab, diagnostic nerveblock)
- Additional treatment options (Orthopedic- and neurosurgery, neurolysis)
- Multimodal treatment options (orthosis, serial casting, exoskeleton, dropfoot stimulator etc.)
- Presentation of take-home assignments

#### Course 3:

**Place: TBA (either Denmark or Norway)**

**Time: 2th to 4th February 2026**

Themes:

- Analysis of cervical dystonia including use of the COLCAP concept
- Theoretical and practical treatment of salivary glands
- Therapeutic intervention for cervical dystonia
- Approach to ensuring interdisciplinary cooperation across sectors
- Identification and practical guides to treatment of muscles using ultrasound and EMG (cervical dystonia)
- Presentation of take-home assignments.

#### Practical information

All participating physicians are expected to already be or be about to start treating patients with spasticity and/or dystonia.

Between courses, participants must visit two other treatment centers where botulinum toxin treatments for spasticity and dystonia for two days per stay.

For final approval and graduation, participants must have:

- Participated in all courses
- Satisfactorily completed and presented the take-home assignment
- Visited two other treatment centers for two days each

**Duration:** The Skandyspas education takes place over the course of 18 months, with 9 in-person course days and 2 webinars

**Participants per course:** Maximum of 18 physicians

**Deadline for registration:** 1 June 2024

**Participation fee:** 4000 DKK total for all courses, including coffee, lunch, and snacks. Transportation, housing, and dinner not included.

**Registration:** Via the website. Please apply with qualifications and motivation at [www.skandyspas.com](http://www.skandyspas.com)

# Curriculum for therapist education

## TARGET GROUP:

Physiotherapists and occupational therapists specialized in cervical dystonia or spasticity treatment and rehabilitation in adults and children.

## Main purpose and learning objectives

After finishing the 3 courses, the therapist is able to independently analyze the functional consequences of muscle overactivity (spasticity and dystonia) and its impact on patients' daily lives. The therapist can correctly and effectively use standardized muscle tone tests and set relevant treatment goals together with the patient and is knowledgeable about the available medical treatment options and the use of ultrasound- and EMG-guided botulinum toxin treatment. The therapist is able to initiate relevant therapeutic follow-up treatment with specific training modalities, including interdisciplinary teamwork.

### Course 1:

**Venue: Righospitalet Glostrup, Copenhagen**

**Date: 16th to 18th of September 2024**

Course 1 focuses on the therapists' intervention before botulinum toxin injection and the physiological background of muscle overactivity, as well as the correct identification, characterization and description of muscle overactivity.

Themes:

- Analysis of spasticity
- Pathophysiology of muscle overactivity
- Theory of instruments for analysis of spasticity (MAS and Tardieu)
- Theory of SMART-goals and Goal Attainment Scale (GAS)
- Correct use of and evidence for botulinum toxin treatment
- Terminology of muscle overactivity
- Different types of ultrasound- and EMG-equipment
- Identification and practical guides to treatment of muscles using ultrasound and EMG (spasticity)
- Instructions for take-home assignment.

### Course 2:

**Venue: TBA (either Denmark or Norway)**

**Date: 7th to 9th April 2025**

Course 2 focusses on therapeutic interventions during and after botulinum toxin injections and the practical application of skills learned in course 1.

Themes:

- Intrathecal Baclofen treatment
- Oral treatment options
- Practical use of instruments for analysis of spasticity (MAS and Tardieu)
- Practical use of SMART-goals and Goal Attainment Scale (GAS)
- Functional assessments and testing

- Advanced diagnostic methods (gait-lab, diagnostic nerveblock)
- Additional treatment options (Orthopedic- and neurosurgery, neurolysis)
- Multimodal treatment options (orthosis, serial casting, exoskeleton, dropfoot stimulator etc.)
- Training methods for improving outcomes during botulinum toxin treatment.
- Presentation of take-home assignments

### Course 3:

**Venue: TBA (either Denmark or Norway)**

**Date: 2th to 4th February 2026**

Course 3 focusses on theory and practice for interventions in cervical dystonia, as well as interdisciplinary and trans-sectoral teamwork and practical interventions in pediatric populations.

Themes:

- Analysis of cervical dystonia including use of the COLCAP concept
- Approaches to ensuring interdisciplinary cooperation across all sectors
- Practical workshop on splints and orthoses
- Secondary complications of muscle overactivity (e.g. contractures)
- Interventions aimed at children with muscle overactivity
- Presentation of take-home assignments

### Practical information:

For final approval and graduation, participants must have

- Participated in all courses
- Satisfactorily completed and presented the take-home assignment

**Duration:** The Skandypas education takes place over the course of 18 months, with 9 in-person course days and 2 webinars.

**Participants per course:** Maximum of 18 therapists

**Deadline for registration:** 1th June 2024

**Participation fee:** 2000 DKK total for all courses, including coffee, lunch, and snacks. Transportation, housing, and dinner not included.

**Registration:** Via the website. Please apply with qualifications and motivation at [www.skandypas.com](http://www.skandypas.com).