

ACTIVE AND MOTIVATED LIFE AFTER SCI

WHEN

August 31st
10:00 – 18:45

WHERE

VSIA NRC
“Vaivari”

Asaru prospekts 61, Jurmala, Latvia

REGISTRATION (OPEN TILL AUGUST 30TH):
THROUGH HOMEPAGE WWW.LMSBB.LV

FOR MORE INFORMATION
CALL +371 200 99 462 (FILIPS BERNADSKIS)
OR EMAIL: FILIPS@LMSBB.LV,

6,5 further education points will be issued by LÄPPÖS
for participation

PARTICIPATION FEE:
35 EUROS (LUNCH BREAK AND COFFEE BREAK INCLUDED)

10 EUROS FOR NRC “VAIVARI” WORKERS AND LATVIAN SPINAL
CORD INJURY SOCIETY MEMBERS



PROGRAMME

10:00 - 10:30 Registration

- 10:30 – 11:00 Introduction and video greetings
 - Best moments of Camp Spinal organized by Sunnaasstiftelsen, Norway
 - “JUST, GO!” Movie by Pavel Gumennikov
A short film inspired by true events about a guy with a disability who never gives up!
- 11:00 - 11:40 Sitting position in a wheelchair after SCI in daily life and sports activities
(Zoja Nesterova, OT, NRC “Vaivari”, Latvia)
- 11:40 – 12:20 Full nutritional significance before sports activities
(Signe Rinkule, nutrition specialist, NRC “Vaivari”, Latvia)
- 12:20 – 13:20 Bladder management after SCI
(Anda Nulle, PRM doctor, NRC “Vaivari”, Latvia)

13:20 – 14:10 Lunch break

- 14:10 – 15:10 Role of physical activity and sports in rehabilitation. GTO festival experience
(Evgeny Mashkovskiy, M.D., Ph.D. Associate professor, Russia)
- 15:10 – 16:10 Fundamentals of Classification in Para sports
(Evgeny Mashkovskiy, M.D., Ph.D. Associate professor, Russia)
- 16:10 – 16:40 European platform for Rehabilitation - a snapshot of the network's activities
(Laura Jones, (EPR Secretary General, Belgium)

16:40 – 17:00 Coffee break

- 17:00 – 17:30 Adaptive golf programme in Rehabilitation
(Santa Trofimova-Trofimoviča, OT, NRC “Vaivari”, Latvia)
- 17:30 – 18:30 Results of pan-European Sports+4all project
(Liina Toompuu, PT, Estonia)
- 18:30 – 18:45 Discussion