Faculty
Valerie Carter PT, DPT, NCS is a board certified Neurological Specialist and a Clinical Professor in the Physical Therapy and Athletic Training Department at Northern Arizona University (NAU) in Flagstaff AZ. She graduated from NAU with her Bachelors of Science in Physical Therapy in 1989 and received her Doctorate in Physical Therapy from NAU in 2002. Presently she instructs DPT students in neuroscience, pediatrics, neuro therapeutic techniques, Parkinson’s disease and has received several teaching awards through NAU and the City of Flagstaff. Her research interests are clinically based with the application of neuroplasticity techniques for individuals with static and degenerative brain insults. She has published original research in refereed journals and has instructed nationally and internationally with LSVT Global (LSVT BIG program) and currently is a faculty for Parkinson Wellness Recovery or PWR! She and her husband own and operate Carter Rehabilitation and Wellness Center an outpatient physical therapy clinic in Flagstaff, AZ which has a Neurological client focus with a particular interest in persons with Parkinson’s disease. She has an exceptional passion for exercise in Parkinson’s instilled by her Mom who is surviving persons with Parkinson’s for over 29 years. Valerie is a fun and energetic presenter who wants to share how skilled intensive functional exercise can help persons with Parkinson’s to thrive!

Description
Exercise can change the Parkinson brain! For persons living with PD, a disease specific approach to exercise is medically necessary to improve the quality of their life. This course will introduce the latest evidence based etiology, prevalence, anatomy, physiology and medication needs of the person with idiopathic PD as well as the types of evidence based exercise that are known to induce behavioral and brainy changes. The concept of a Parkinsonism disease process vs the specific degenerative nature and location of damage in idiopathic Parkinson’s will be discussed to understand the motor (i.e. bradykinesia, rigidity and tremor), non-motor (i.e. decreased cognition and motivation) and autonomic (sleep, constipation and pain symptoms) symptoms of PD across the disease severity. Clinicians will be able to successfully address the needs of the whole patient to optimize function and improve lives. We know that exercise can improve strength, agility and fitness level, but that is just the beginning! Evidence will be introduced that exercise is medicine for persons with PD when delivered with the appropriate skill and aerobic essentials addressed. Therapists will leave with numerous new exercise and intervention strategies to use in the clinic immediately. It is NEVER too late for persons with Parkinson Disease (PD) to change their function and improve their lives. Please join the revolution to change the Parkinson’s brain!

Location
MedStar National Rehabilitation Hospital
Washington, DC
November 16-19, 2017

Objectives
Upon completion of this course, the participant will be able to:
• Discuss anatomy and physiology of Parkinson’s Disease across the disease process
• Demonstrate awareness of the latest research insights to the etiology and prevalence of PD
• Discuss the learning and dual task capabilities of persons with PD throughout the disease process
• Describe the various evidence based exercise concepts that are known to improve movement and induce neuroplasticity in persons with PD
• Explain the evidence based principles of the LSVT BIG and LOUD™ protocols
• Demonstrate the evidence based principles of Parkinson’s Wellness Recovery PWR! (PWR4Life.ORG)
• Discuss the latest evidence introduced at the World Parkinson’s Congress held in Portland, Oregon Fall 2017
• Compare and contrast evidence based outcome tools that can be utilized across the Parkinson’s Disease process
• Describe the diverst battery of outcome tools to assess, reassess and follow a person with PD across their disease process
• Explain Parkinson specific battery of outcome tools needed for effective documentation and reimbursement throughout their individual degenerative disease process.
• Demonstrate an understanding of the need for a sustained specific community support and outreach program for the person with PD throughout their life span

Feedback From Past Course Participants
*This was a great course. I was able to apply what I learned the next day in the clinic*
*OMG Val is funny! Thanks for a great course.*
*I actually enjoyed taking this CEU course*
*I can’t wait to use this stuff! Thank you for your passion and love for helping people with Parkinson’s Disease.*
*Valerie is a wealth of knowledge and so much fun to listen to.*

Valerie A. Carter
PT, DPT, NCS
November 18-19
Washington, DC

2017
Geriatric Rehabilitation Education and Training
2639 Revere Drive
Akron, Ohio 44333-2311

Exercise Can CHANGE the Parkinson Brain!

This 20 contact hour innovative and multi-dimensional presentation includes:
• An extensive handout
• Hundreds of current medical references
• Ready to use - Outcome Evaluation Tools - Treatment Techniques - Evidence Based - Exercises - Evidence Based - Outcome Tools
Exercise Can Change the Parkinson Brain!

2017
Washington, DC
November 18-19

Valerie A. Carter
PT, DPT, NCS

Faculty
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Location
Medsitter National Rehabilitation Hospital
Washington, DC
November 18-19, 2017

Objectives
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• Demonstrate awareness of the latest research insights to the etiology and prevalence of PD
• Discuss the learning and dual task capabilities of persons with PD throughout the disease process
• Describe the various evidence based exercise concepts that are known to improve movement and induce neuroplasticity in persons with PD
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disclaimer: The views expressed are those of the author and do not necessarily reflect the views or policies of the U.S. Department of Health and Human Services, the U.S. Department of Education or the U.S. Department of Labor.

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Exercise Can Change the Parkinson Brain!

2017
Washington, DC
November 18-19

Valerie A. Carter
PT, DPT, NCS

This 20 contact hour innovative and multi-dimensional presentation includes:
• An extensive handout
• Hundreds of current medical references
• Ready to use: Detailed Evaluation Tools - Treatment Techniques - Evidence Based - Outcome Tools

Exercise Can Change the Parkinson Brain!
Registration

AUDIENCE: Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Therapist Assistants, Secondary Audience: Other Rehabilitation Professionals.

LEVEL: This course is an intermediate level.

FEE: The registration fee includes all course sessions, breakfast, continental breakfaasts, and coarse handout.

Washington, DC - $495. If pre-registered by 25/7/17

LATE REGISTRATION: Postmarked after the above date requires an additional $25 late fee.

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Program Schedule

Day 1

7:30 AM Registration and Continental Breakfast

8:00 AM Introduction The Anatomy and Physiology of Parkinson’s Disease. What do we really need to know to effectively treat persons with Parkinson’s Disease? (Does the basal ganglia really matter at all of this?)

10:00 AM Break

10:15 AM Plasticity and learning in PD (Introduction to exercise concepts designed to change the Parkinson’s brain)

12:30 PM Working Lunch (Bring Your Own) Video Case Study and Discussion

1:30 PM Evidence Based Exercise Concepts in Parkinson’s People with Parkinson’s can get better and stay better through exercise. Parkinson’s Exercise Concepts (LAB)

(biking, bicycle, yoga, anyone, pole walking, scaves, stretching)

3:30 PM Break

3:45 PM Amplitude Based Therapies for Parkinson’s: Introduction to LSST BIG & LOAD (LAB)

4:45 PM Introduction to Parkinson’s Wellness Recovery (PWR) (LAB)

6:00 PM Questions and Answers

6:30 PM Adjourn

Day 2

7:30 AM Continental Breakfast

8:00 AM What People with Parkinson’s and People at Risk for Parkinson’s Need to Know: Late breaking evidence from the World Parkinson Congress (WPC)

9:00 AM Exercise Prescription in Parkinson’s Disease: A disease specific exercise approach for the many issues found in PD (Frosting cognition, movement and executive functioning in PD)

10:00 AM Break

10:15 AM Dual Task Practice in Parkinson’s Disease Does persons with PD can get better at doing this as well. (The what, why and “wins” of adding dual task practice to your exercise program)

12:30 PM Working Lunch (Practicing Outcome Tools)

1:30 PM Late Stage PD Exercise Concepts (Don’t hide from stage 4 & 5)

3:00 PM Break

3:15 PM Documentation/Outcomes: A look at outcome tools for early, mid and late stage PD (One size does not fit all...G and code and reimbursement tips for PD)

5:00 PM Parkinson’s Disease Community Program Design Ideas: A bright future for persons with PD (Use the PD exercise revolution)

6:00 PM Questions & Answers

6:30 PM Adjourn

5 Easy Ways to Register

WEBSITE: Online Registration at: www.greatseminarsandbooks.com

CALL: Monday-Thursday 10-6 EST, Friday 10-1 EST Toll Free 877-779-4838 (877-779-7428)

Visit our website and go to the About us tab to register for this seminar. The Osteoporosis Workout, Instructor Sherri Betz

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Great Books

The Functional Toolbox: Clinical Measures of Functional Outcome - Pear, 2017

The Functional Toolbox II - Pear, 2018

Geriatric Clinical Brochures - Pear, 2019

Health Promotion and Exercise for Older Adults - Post, 2015

Improving Mobility In Older Persons - Pearson, 2014

Prevention and Wellness Toolkit - Pear, 2017

Orthopedic Outcomes Toolbox - Pear, 2019

Hand-Held Dynamometry - Pear, 2016

1 Repetition Maximum Progression Pad - Pear, 2014

Slide Algometer - Pear, 2015

Pocket Card 1 Repetition Maximum - Pear, 2016

Pocket Card Bed Mobilizer - Pear, 2016

ClinicalMeasures_ofFunction_Operations Toolbox - Pear, 2017

Pocket Card Sit to Stand Transfer - Pear, 2016

Osteoporosis Exercise Booklet - Pear, 2016

Self BalanceHints for Older Persons Booklet - Pear, 2016

Seniors for DVD The Orthopaedic Manual, Instruction Booklet - Pear, 2016

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Registration

A U N C I D E N T  Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

L E V E L : This course is at an intermediate level.

F E E : The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

WASHINGTON, DC - $495. If postmarked before 10/25/17

WASHINGTON, DC - September 20, 2017

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M A I L : Your registration form with payment to GREAT Seminars and Books, Inc.

P O S T : Registration Fee $495.00.

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E M A I L : Your registration via the internet to greatseminars@aol.com

For more information, call GREAT Seminars at 877-79-GREAT.