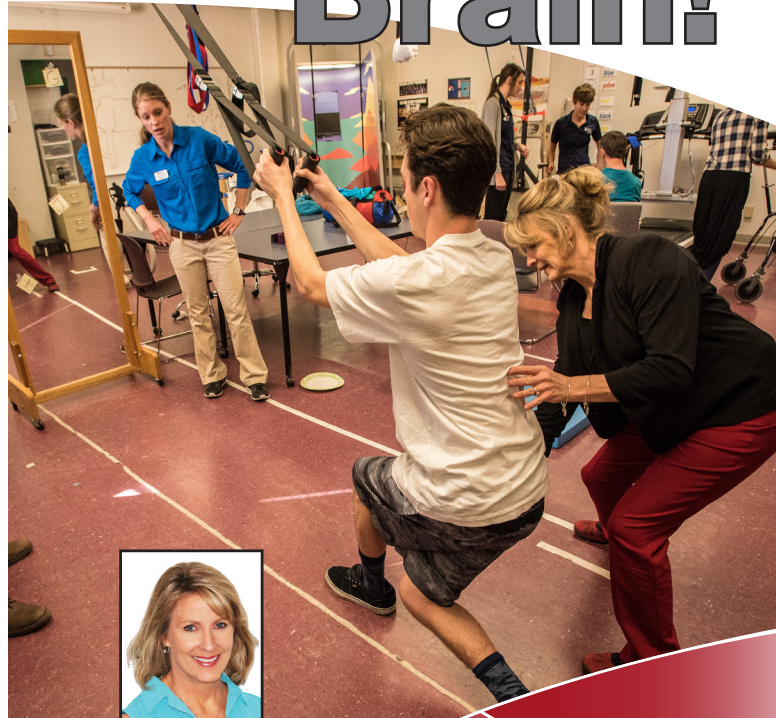


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# Exercise Can CHANGE the Parkinson Brain!



**Dr. Valerie A. Carter**  
PT, DPT, NCS

**2018**  
Charleston, SC  
May 19-20

Papillion, NE  
(Omaha, NE Area)  
June 23-24

Jackson, MS  
November 3-4

South Bend, IN  
December 1-2

*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 Exercises*
  - *Evidence Based Outcome Tools*

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## Faculty

Dr. 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. Dr. Carter's 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 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 brain based anatomical 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** The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

MUSC Medical Center  
Charleston, SC  
**May 19-20, 2018**

Hillcrest Country Estates  
Grand Lodge  
Papillion NE  
**June 23-24, 2018**

Mississippi Baptist  
Medical Center  
The Belhaven Medical  
Office Building  
Jackson, MS  
**November 3-4, 2018**

Beacon Health System  
South Bend, IN  
**December 1-2, 2018**

## 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 diverse 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."*

# 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 do 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) (Boxing, bicycle, tango anyone, pole walking, scarves, stretching)
3:30 PM	Break
3:45 PM	Amplitude Based Therapies for Parkinson's: Introduction to LSVT BIG & LOUD (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's Congress (WPC)
9:00 AM	Exercise Prescription in Parkinson's Disease: A disease specific exercise approach for the many issues found in PD; (Freezing and cognition, movement and executive functioning in PD)
10:00 AM	Break
10:15 AM	Dual Task Practice in Parkinson's Disease: Yes, 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-Code and reimbursement tips for PD)
5:00 PM	Parkinson's Disease Community Program Design Ideas: A bright future for persons with PD (Join the PD exercise revolution)
6:00 PM	Questions & Answers
6:30 PM	Adjourn

## Great Books



QTY TOTAL

**The Functional Toolbox: Clinical Measures of Functional Outcomes . . . \$89**

Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.

**The Functional Toolbox II . . . \$89**

Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. **Functional Toolbox I and II special: \$159.00**

**Geriatric Clinical Strategies . . . \$89**

Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.

**Age-Defying Fitness . . . \$20**

Lewis/Moffat **NEW!** Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.

**Documenting Quality Care **UPDATED** . . . \$39**

Lewis. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.

**Health Promotion and Exercise for Older Adults . . . \$48**

Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.

**Improving Mobility In Older Persons **UPDATED** . . . \$48**

Lewis. The perfect handbook for therapists in most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.

**Prevention and Wellness Toolkit . . . \$69**

Lewis/Ledbetter **NEW!** This kit is three books in one: The Prevention and Wellness Toolbox, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.

**Orthopedic Outcomes Toolbox . . . \$69**

Lewis/Wilke/Wright. A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.

**Hand-Held Dynamometry . . . \$25**

Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations

**1 Repetition Maximum Progression Pad . . . \$12**

This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression

**Pocket Card 1 Repetition Maximum . . . \$6**

This valuable tool has 1RM values at 50% and 80% already figured out for you

**Pocket Card Bed Mobility . . . \$6**

This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.

**Pocket Card Sit to Stand Transfer . . . \$6**

This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, & 100% of rise

**Osteoporosis Exercise Booklet . . . \$6**

**Self Balance Hints for Older Persons Booklet . . . \$6**

**Pilates for Seniors DVD** The Osteoporosis Workout, Instructor Sherri Betz . . . \$20

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# 2018 Registration - Exercise Can Change the Parkinson Brain

**YES! Please register me for:**

- Charleston, SC - May 19-20   
  Papillion, NE - June 23-24   
  Jackson, MS - November 3-4  
 South Bend, IN - December 1-2   
 PT • PTA • OT • COTA • Other

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Address \_\_\_\_\_ Cell Phone (\_\_\_\_\_) \_\_\_\_\_

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## Registration

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

**LEVEL:** This course is at an intermediate level.

**FEE:** The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

Charleston, SC - \$495. If postmarked before 4/25/18  
 Papillion, NE - \$495. If postmarked before 5/30/18  
 Jackson, MS - \$495. If postmarked before 10/10/18  
 South Bend, IN - \$495. If postmarked before 11/7/18

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

**EARLY BIRD:** \$470 - If completed registration and payment are **received** by:  
 Charleston, SC - March 21, 2018  
 Papillion, NE - April 25, 2018  
 Jackson, MS - September 5, 2018  
 South Bend, IN - October 3, 2018

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**CONFIRMATION:** A confirmation letter will be sent via email at least 3 weeks prior to the course with local hotels and information. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

**CANCELLATION/REFUND POLICY:** Cancellations must be received in **writing** at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

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**LOST CERTIFICATES:** Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

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**FAX** your completed registration form with credit card information to  
 330-865-6941, 24 hours a day.

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