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GSB
GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training
2639 Revere Drive
Akron, Ohio 44333-2311

Exercise Can CHANGE the Parkinson Brain!



GET 20 CONTACT HOURS IN 1 WEEKEND AT A GREAT PRICE!



Dr. Valerie A. Carter
PT, DPT, NCS

2019

Cheyenne, WY
May 4-5

Nashville, TN
August 10-11

Madison, WI
September 21-22

Raleigh, NC
October 12-13

Syracuse, NY
October 26-27

Drexel Hill, PA
(Philadelphia, PA Area)
November 9-10

**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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Geriatric Rehabilitation Education and Training

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!

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."

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

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.

Cheyenne Regional
Medical Center
214 East 23rd Street
Cheyenne, WY 82001
May 4-5, 2019

TriStar Centennial
Medical Center
2300 Patterson Street
Nashville, TN 37203
August 10-11, 2019

Oak Park Place
Madison, WI
September 21-22, 2019

WakeMed Raleigh Campus
Andrews Conference Center
Raleigh, NC
October 12-13, 2019

Host: Upstate Medical
University Rehabilitation
Therapy

Location: Institute for
Human Performance at
Upstate Medical University
505 Irving Avenue
Syracuse, NY 13210
October 26-27, 2019

Host: Crozer-Keystone
Health System

Location: Delaware County
Memorial Hospital
501 N. Lansdowne Avenue
Drexel Hill, PA 19026
November 9-10, 2019

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 (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 \$80

Lewis, 670 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.

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 gain. All tools and treatments are evidence based.

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.

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.

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 - Borg Card \$6

This card is laminated so you can take it with you to monitor progress and document your patient's rehabilitation programs easily.

Pocket Card 1 Repetition Maximum \$6

This valuable tool has 1 RM 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

20 page patient home exercise books. Can be bought in bulk.

Self Balance Hints for Older Persons Booklet \$6

20 page patient home exercise books. Can be bought in bulk.

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

Prices include shipping via USPS (media mail) and handling within the continental U.S.

Sub-Total _____

We Do Not Accept Purchase Orders. Books are only available for preview at GREAT courses.

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2019 Registration - Exercise Can Change the Parkinson Brain

YES! Please register me for Cheyenne, WY - May 4-5 Nashville, TN - August 10-11 Madison, WI - September 21-22
 Raleigh, NC - October 12-13 Syracuse, NY - October 26-27 Drexel Hill, PA - November 9-10 Circle One: PT • PTA • OT • COTA • Other

Name _____ Cell Phone (____) _____
 Address _____ Home Phone (____) _____
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Please detach and return with your check.

Compared to other onsite courses, **GREAT Seminars courses are the best value in the business.** Most live courses are 6 hours and cost \$229-\$295 which would be \$40-\$50 per credit. A 20-hour course like this would cost \$800-\$1000! **Get 20 Contact Hours for \$545 NOT \$1000!** Plus if you register early - \$495! **TAKE ADVANTAGE OF THESE GREAT PRICES!**

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.

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

Cheyenne, WY - \$545. If postmarked before 4/10/19
 Nashville, TN - \$545. If postmarked before 7/17/19
 Madison, WI - \$545. If postmarked before 8/21/19
 Raleigh, NC - \$545. If postmarked before 9/18/19
 Syracuse, NY - \$545. If postmarked before 10/2/19
 Drexel Hill, PA - \$545. If postmarked before 10/16/19

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

EARLY BIRD: \$495 - If completed registration and payment are **received** by:

Cheyenne, WY - March 20, 2019
 Nashville, TN - June 26, 2019
 Madison, WI - July 31, 2019
 Raleigh, NC - August 28, 2019
 Syracuse, NY - September 11, 2019
 Drexel Hill, PA - September 25, 2019

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books, Inc. on-site course** attended from 2000 to the present up to a maximum of \$200. In order to receive a discount, a copy of each course certificate must accompany registration form. **No discounts will be taken once registration is completed.** Additional discount codes may **not** be used with the certificate discount program.

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.

COURSE CANCELLATION: GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

EDUCATIONAL CREDIT: A certificate of attendance for 20 contact hours of educational activity (20 CEUs or 2.0 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrants upon completion of the seminar. **Great Seminars and Books is an Approved CE Provider for PTs and PTAs in DC, NY, KY, IL, TX and NC. Approved in MI, IN, CA, TN, AR, NJ, OH, OK, MN and MD for 20 Clinical Contact Hours. Have applied for approval in PA. This 20 contact hour course meets the guidelines of the Alabama Board of Physical Therapy for an acceptable continuing education activity. Wyoming PTs/PTAs: This 20 contact hour course meets the guidelines for approval by the Wyoming Board of Physical Therapy as this course is approved by other state PT Associations and state PT Boards. Our courses also meet the guidelines for approval in UT, PA, AL, GA, MI, IN, WY, VA, AZ, DE, NH, OR, RI, WI, WY and MO. Courses are accepted for CEUs in NE, ID, MT, WA, CT, IA, and ND.** Colorado PTs/PTAs: This 20 contact hour seminar meets accepted standards for Category 1 continuing competence activities as directed in CO section 12-41-114.6, C.R.S. Please make sure that you have completed the required post-course survey tool. Save your certificate of completion for the re-licensing process. GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363. This course is not approved by ASHA or Board of Certification. If you do not see your state listed, please give our office a call. Your tuition is tax deductible. All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Coughlin vs. Commissioner, 203 F2d 307.

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.

5 Easy Ways to Register

WEBSITE Online Registration at:
www.greatseminarsandbooks.com

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

EMAIL your registration via the internet to greatseminars@aol.com

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 * A certificate of attendance for 20 contact hours or 2 CEUs of educational activity (2.0 or 20 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrant upon completion of the seminar.