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."

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 neurosciences, 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 learn 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!

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
• Discuss anatomy and physiology of Parkinson’s Disease across the 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.
Faculty
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“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! (PWRLife.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
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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

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

Dr. Valerie A. Carter
PT, DPT, NCS

Exercise Can CHANGE the Parkinson Brain!
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 it?)
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 People with Parkinson’s can get better and stay better through exercise. Parkinson’s Exercise Concepts (LAB) (Boxing, bicycling, tango anyone, pole walking, scarves, stretching)
3:30 PM Break
4:30 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 Congress (MPC)
9:00 AM Exercise Prescription in Parkinson’s Disease: A disease specific exercise approach for the many issues found in PD (throwing, 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 dual tasking with PD assistance. (What is slow, risky and “wobbly” of adding dual task practice to your exercise program)
12:30 PM Working Lunch (Practicing as Well to Outcome)
1:30 PM Late Stage PD Exercise Concepts (Don’t bite 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) and handling within the continental U.S.
5:00 PM Parkinson’s Disease Community Program Design Ideas: A bright future for Parkinson’s Disease Community Programs
6:00 PM Questions and Answers
6:30 PM Adjourn

Advisors’ Summary

Susan Lewis

Dr. Lewis is active in research and has developed a number of outcome tools and has developed treatment programs for Parkinson’s Disease. She is a sought after expert in the field of Parkinson’s Disease and Parkinson’s. She is a professor at SUNY Downstate Medical Center and has written four books on Parkinson’s.

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 breakfast, and course handouts.

Check, Payable to GREAT Seminars and Books, Inc. 3.11.19
AMEX
Charge my: Visa Discover
Requests for a replacement certificate must be received in

Circle One: PT • PTA • OT • COTA • Other

2019 Registration - Exercise Can Change the Parkinson Brain

Raleigh, NC - October 12-13
Drexel Hill, PA - November 9-10

Drs. Edmond and Susan Lewis, Ph.D., PT are the Directors of the Parkinson’s Exercise Concepts and some of the leading authorities in Parkinson’s Disease. They have published a number of books and papers on the subject with Dr. Lewis’ newest book, Age-Defying Fitness, having been released this spring.

The Functional Toolbook I

For full information on the new Functional Toolbook I, please contact us at 330-865-6941, 24 hours a day.

www.greatseminarsandbooks.com

WEBSITE

GREAT Seminars and Books, Inc.

2639 Revere Drive, Akron, Ohio 44321-2011

Toll Free 877-79-GREAT (877-794-7328)

4-8 PM October 12
6:30 PM October 13
6:30 AM October 13
2639 Revere Drive, Akron, Ohio 44333-2311

Check, Payable to GREAT Seminars and Books, Inc.

FEES

REGISTRATION FEE: $545.00          LATE FEE $25.00          AMOUNT DUE $__________________________

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

Early Bird: $485 - If completed registration and payment are received by

Cheneryx, NY - March 20, 2019

New York, NY - June 20, 2019

Raleigh, NC - August 29, 2019

Drexel Hill, PA - September 25, 2019

DISCOUNT PROGRAM: Review of 25 sessions for each 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 unless registration is postmarked and complete. Additional discount codes may not be applied to the certificate discount program.

CONFIRMATION: A confirmation letter will be sent via email at least 3 weeks prior to the course with local hotel information and instructions. If you do not receive confirmation, please call us.

CANCELLATION/REFUND POLICY: Cancellations must be received in writing at least 2 weeks prior to the 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 of at least 0.6 CEUs in 2.0 CEUs depending on how your Practice Act determines CEUs. If you wish to have the certificate mailed to you at your site, the certificate will be awarded upon completion of the seminar. GREAT Seminars and Books, Inc. is approved as Provider 48 for PTs and PAs in the states of MI, NY, MI, TX, and TN, and Approved in MI, NE, CA, WI, MN, NJ, OH, OK, ON, IN, MD, and ME for 20 Contact Hour credits. Have applied for approved in Wyoming for 20 Contact Hour credits. This 20 contact hour seminar course meets the guidelines for approval by the Wyoming Board of Physical Therapy for blocks of 20 contact hours. The course will meet Continuing Education Standards and State PT Practice Acts’ requirements as appropriate. Some state boards may require meeting Rushcliffe, PT, DPT, CDP, and Handling within the continental U.S., MD residents add 5% sales tax. __________________

GREAT Seminars and Books, Inc., does not guarantee or guarantee until confirmed. Space may be limited, so register early.

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

GREAT Seminars and Books, Inc.

2639 Revere Drive, Akron, Ohio 44333-2311
This course is at an intermediate level. Your registration form with payment to GREAT Seminars and Books, Inc. reserves the right to cancel. Cancellations must be received in the business of the date above in order to receive a refund. A copy of each course certificate must accompany registration form. No discounts will be taken once registration is completed. Additional discount codes may be used with the credit discount program. Confirmation: A confirmation letter will be sent via email at least 3 weeks prior to the seminar date. 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 $5 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 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 hours of educational activity (20 CEUs or 20 CEUs depending on how your Practice is set up) is available for this course. GREAT Seminars and Books, Inc. is an approved provider of continuing education by the American Occupational Therapy Association (AOTA). Colorado PTs/PTAs: This 20 contact hour course meets accepted guidelines of the Board of Physical Therapy for an acceptable continuing education activity. Wyoming PTs/PTAs: This 20 contact hour course meets the requirements for approval by the Wyoming Board of Physical Therapy as this course is approved by other state PT Associations and state PT Boards. For more information or to register, please contact GREAT Seminars and Books, Inc. at 877-79-GREAT (877-794-7328). GREAT Seminars and Books, Inc. is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #6094. 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. GREAT Seminars and Books, Inc. is responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs. In the event of cancellation of a course only the tuition fee will be refunded. In GREAT Seminars and Books, Inc., is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs. 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