

Exercise Can Change the Parkinson Brain!



2020

Olney, MD
May 16-17

Phoenix, AZ
June 27-28

Savannah, GA
July 18-19

Fort Lauderdale, FL
September 12-13

Fremont, CA
(San Jose, CA Area)
December 5-6

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 on the 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!

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!

OBJECTIVES

Upon completion of this seminar, participants 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

PROGRAM OUTLINE

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

LOCATIONS

Additional course information will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the start of the course.

Host: NRH Rehabilitation Network
Location: MedStar Montgomery Medical Center
18101 Prince Phillip Drive
Olney, MD 20832
May 16-17, 2020

Host: Banner Physical Therapy
Location: Banner University Medical Center - Phoenix
1st Floor Classroom
755 E. McDowell Road
Phoenix, AZ 85006
June 27-28, 2020

Host: St. Joseph's / Candler Health System
Location: Candler Hospital
5353 Reynolds Street
Savannah, GA 31405
July 18-19, 2020

Broward Health Medical Center
1600 S. Andrews Avenue
Fort Lauderdale, FL 33316
September 12-13, 2020

Host: Washington Hospital Rehabilitation Services
Location: Washington West (across from Washington Hospital)
2500 Mowry Avenue
Fremont, CA 94538
(17 miles north of San Jose, off I-880)
December 5-6, 2020

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.

Olney, MD - \$545. If postmarked before 4/22/20
Phoenix, AZ - \$545. If postmarked before 6/3/20
Savannah, GA - \$545. If postmarked before 6/24/20
Fort Lauderdale, FL - \$545. If postmarked before 8/19/20
Fremont, CA - \$545. If postmarked before 11/11/20

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

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

Olney, MD - March 25, 2020
Phoenix, AZ - April 29, 2020
Savannah, GA - May 20, 2020
Fort Lauderdale, FL - July 22, 2020
Fremont, CA - October 7, 2020

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.

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hour course meets the guidelines of the Alabama Board of Physical Therapy for an acceptable continuing education activity. 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.

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2020 Registration - Exercise Can Change the Parkinson Brain!

YES! Please register me for Olney, MD - May 16-17 Phoenix, AZ - June 27-28 Savannah, GA - July 18-19

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Fremont, CA - December 5-6

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

PLEASE PRINT

Name _____ Cell Phone (_____) _____

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Exercise Can Change the Parkinson Brain!



Dr. Valerie A. Carter
PT, DPT, NCS

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Here's what our course attendees say:

“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.”

