

# Exercise Can Change the Parkinson Brain!



**2020**

**Phoenix, AZ  
June 27-28**

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!

**Dr. Valerie Carter PT, DPT, NCS, GCS** is an APTA board certified Neurologic and Geriatric 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 awards for her excellence in clinical teaching through NAU, the City of Flagstaff and the American Physical Therapy Association. Dr. Carter's research interests are clinically based with the application of neuroplasticity techniques for individuals with static and degenerative brain insults and the creation of novel clinical outcome tools to assess falls in the elderly and neurologic patient populations. 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 teaching exercise to persons with Parkinson's instilled by her Mom who because of hard work and exercise, lived well with Parkinson's for over 30 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 and live well with Parkinson!

## 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

## 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:** Banner Physical Therapy  
**Location:** Banner University Medical Center - Phoenix Outpatient Physical Therapy  
 755 E. McDowell Road  
 Phoenix, AZ 85006  
**June 27-28, 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.

**Phoenix, AZ** - \$545. If postmarked before 6/3/20

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

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

**Phoenix, AZ** - April 29, 2020

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## 2020 Registration - Exercise Can Change the Parkinson Brain!

**YES! Please register me for**  Phoenix, AZ - June 27-28 Circle One: PT • PTA • OT • COTA • Other \_\_\_\_\_

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# Exercise Can Change the Parkinson Brain!



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

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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.”*

