

# Exercise Can Change the Parkinson Brain!



**2020**

**Cherry Hill, NJ**  
(Friday/Saturday Course)  
March 27-28

**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

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!

# 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:** Fox Rehabilitation  
**Location:** Fox Rehabilitation  
EDU Center  
7 Carnegie Plaza  
Cherry Hill, NJ 08003  
**March 27-28, 2020**

**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.

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

Cherry Hill, NJ - \$545. If postmarked before 3/18/20  
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:

Cherry Hill, NJ - March 11, 2020  
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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**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**

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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.

## 5 Easy Ways to Register

**WEBSITE** Online Registration at:  
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**MAIL** your registration form with payment to  
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## 2020 Registration - Exercise Can Change the Parkinson Brain!

**YES! Please register me for**  Cherry Hill, NJ - March 27-28  Olney, MD - May 16-17  Phoenix, AZ - June 27-28  Savannah, GA - July 18-19  
 Fort Lauderdale, FL - September 12-13  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

**[\$545 Value]**  
**Early Registration – \$495.00**

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*“where therapists learn and excel  
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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.”*

