

Would you like to take a fabulous course to enhance your clinical skills?

Exercise Can Change the Parkinson Brain!

Speaker: Dr. Valerie Carter PT, DPT, NCS, GCS

Course 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!

Faculty Bio

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!

Course 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 Agenda

DAY 1

- 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

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

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books 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 AR, OK, NY, IL, NC, CA, TX, NM, and KY and this two day course provides 20 contact hours of continuing education. Our courses also meet the guidelines for approval in PA, VT, AL, IN, WI, VA, AZ, DE, NH, OR, RI, UT, GA, WY, ND and MO. Courses are accepted for CEUs in NE, ID, MT, WA, CT, and IA. **If you are a PT/PTA and your state is not listed, please check our web site at www.greatseminarsandbooks.com under the individual course's "CEU Information" tab for more information on approvals.**

GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363. The majority of our courses are

approved, but please check our web site for AOTA approval of specific courses. This course is not approved by ASHA or the Board of Certification. Your tuition is tax deductible. Any reference to or mention of state rules or regulations concerning continuing education requirements are true and accurate to the best of our knowledge at the time of print. If you have questions, please contact your board or regulating body.

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.

COVID POLICY: We will follow social distancing guidelines and masks will be required as current circumstances dictate. We realize there is a lot of uncertainty around COVID-19 and traveling. If you are concerned about registering, please rest assured that if the event is cancelled or you are unable to attend due to COVID-19, we will promptly refund your registration fees.

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.

REGISTRATION FEE: \$545. The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

EARLY BIRD REGISTRATION: \$495

4 Easy Ways to Register

Access our registration form on our web site

at: <https://www.greatseminarsandbooks.com/wp-content/uploads/2023/01/GSB-form.pdf>

E-MAIL your registration to:
greatseminars@aol.com

MAIL your registration form with payment to:
GREAT Seminars and Books, Inc., 2639 Revere Drive, Akron, OH 44333-2311

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

Website: www.greatseminarsandbooks.com
Federal Tax ID# 52-2193458