

# REGISTRATION FORM

## A Comprehensive Approach to Evidence-Based Rehabilitation of Patients with Parkinson Diseases across the Continuum of Disability

APTA #: \_\_\_\_\_ Neurology Academy Member? Yes No  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Daytime Tel: \_\_\_\_\_  
Fax #: \_\_\_\_\_  
E-mail: \_\_\_\_\_

### Course Location

Emory University, School of Medicine 1441 Clifton Rd., NE Room 210 Atlanta, GA.

Registration Fee (circle one)	>30 days prior early bird	30 days or fewer prior
PT Member of the Neurology, Orthopedics, Sports, or Pediatrics Academics	350	425
APTA PT Non-Academy Member	400	475
Non-APTA Member	475	550

\*Fees cover continental breakfast and break snacks, as well as a link to course materials for download. Please note the course materials will not be printed for registrants.

\*\* After attending the course, all registrants will receive a complimentary 6-month subscription to the Journal of Neurologic Physical Therapy, which will be provided along with the CEU certificate upon completion of the post-course evaluation

#### • Register Online:

<http://www.neuropt.org/go/events-and-courses/neurology-Academy-developed-courses>

#### • Register By Mail

Method of Payment:  Amex  Mastercard  Visa  
Card #: \_\_\_\_\_  
Exp. Date: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Billing Zip Code: \_\_\_\_\_

Or mail this form, with a check made payable to APTA to:  
Sandy Rossi, Academy of Neurologic Physical Therapy  
ATTN: Parkinson Disease Course  
1055 North Fairfax Street, #205  
Alexandria, VA 22314

Questions? Please contact the Registrar at 800/999-2782 ext. 3155, or by email at [componentcourseregistrar@apta.org](mailto:componentcourseregistrar@apta.org).

Academy of Neurologic Physical Therapy  
1055 North Fairfax Street, #205  
Alexandria, VA 22314

# A Comprehensive Approach to Evidence-Based Rehabilitation of Patients with Parkinson Diseases across the Continuum of Disability

Lee Dibble, PT, PhD, ATC  
Terry Ellis, PT, PhD, ATC

September 15-16, 2018

Emory University  
Atlanta, GA



## PARTICIPANTS, LOCATION AND HOUSING

**September 15-16, 2018** Emory University, 1441 Clifton Rd., NE Room 210 Atlanta, GA. 30322. For information on lodging, driving directions, and/or parking, Please visit: <http://www.neuropt.org/go/events-and-courses/neurology-Academy-developed-courses>. Course is open to licensed Physical and Occupational Therapists. Registration is on a space available basis only.

## CANCELLATION POLICY

Cancellations received on or before 30 days prior to the event will be refunded in full. A 20% handling fee will be charged for cancellations received between 30 and 7 days prior to the course. No refunds will be given for no-shows or cancellations less than 7 days prior to the course. On-site registrations will be accepted on a space available basis ONLY. The Neurology Academy and Emory University reserve the right to cancel this course without penalty up to two weeks prior to the event. In the event of cancellation by The Neurology Academy or host facility due to unforeseen circumstances, participants will be refunded their registration fee. We encourage participants to purchase trip insurance.

## COURSE OBJECTIVES

In this course participants will learn to:

1. Distinguish between idiopathic PD and other causes of Parkinsonism in the examination process.
2. Discuss commonly used pharmacologic interventions, mechanisms of action, side effects, and implications for rehabilitation in persons with PD.
3. Explain the potential benefits/risks of deep brain stimulation for persons with PD and identify those symptoms most likely to respond to surgical intervention.
4. Effectively select responsive outcome measures across the continuum of disability in persons with PD.

## CEUs

1.6 CEUs. A post-course survey will be sent electronically to all registrants within 1 week after the course. The survey will assess course logistics, satisfaction, and knowledge gained relative to the course objectives. A participant must complete the survey to obtain a mailed CEU certificate, which will be sent within 30 days after the survey closes. An additional survey will be sent electronically to all registrants within 6 months of the course assessing application of course material. This information will help the Academy meet educational standards and strategic objectives.

## COURSE DESCRIPTION

Parkinson disease (PD) is considered a chronic health condition that must be successfully managed over a period of many years. Despite advances in medical management, patients with PD experience a decline in quality of life and physical function over the course of the disease. There is a growing body of evidence revealing the benefits of physical activity, exercise, and rehabilitation in improving participation, decreasing activity limitations, and remediating deficits in body structure and function in people with PD. This course will begin with a review of the underlying neuropathology of PD followed by discussions related to differential diagnosis. An evidence-based approach to the physical therapy examination, diagnosis, prognosis and intervention will be described. This will include, but not be limited to coverage of how varied motor phenotypes (e.g., Freezing of Gait) and PD-related cognitive dysfunction may impact rehabilitation. Responsiveness of commonly used outcome measures will be discussed. The most current research supporting potential neuroprotection and neurorestorative effects of exercise interventions will be included. Specific elements of treatment will be highlighted – including overground walking and treadmill training, cardiovascular fitness training, strengthening, balance training, and external cueing. Finally, community-based exercise programs supported by evidence will be discussed.

## TENTATIVE COURSE SCHEDULE

### Day 1

8:00-8:15	Welcome/Introduction
8:15-9:15	Case Study
9:15-10:00	Patient Perspective video
10:00-10:15	Break
10:15-11:00	Role of the Basal Ganglia in Movement Control
11:00-12:15	Automaticity/Motor Blocks/Freezing of Gait
12:15-1:15	Lunch (on your own)
1:15-2:15	Key Elements of Examination using ICF
2:15-3:15	Examination: Standardized Assessment Tools
3:15-3:30	Break
3:30-5:00	Examination: Case Studies
5:00-5:30	Summary: Question/Answer (Panel)

### Day 2

8:00-8:30	Evidence-based overview of effective treatment
8:30-10:00	Exercise and Parkinson Disease
10:00-10:15	Break
10:15-12:45	Intervention: Case Studies
12:45-1:45	Lunch (on your own)
1:45-2:15	Group Discussions: Case Studies
2:15-3:45	Case Studies: Focus on Intervention
3:45-4:00	Break
4:00-4:45	Engagement in Exercise/Physical Activity
4:45-5:30	Summary: Question/Answer (Panel)

## THE FACULTY

**Lee Dibble, PT, PhD, ATC** is currently an Associate Professor within the Department of Physical Therapy at the University of Utah. For the past 15 years, Dr. Dibble had directed the University Rehabilitation and Wellness Clinic, a clinic that delivers preventative and traditional rehabilitation care for persons with persons with chronic neurologic disease including but not limited to persons with Parkinsonism. In addition, he co-directs both the Motion Capture Core Facility and the Skeletal Muscle Exercise Research Facility. His current research examines mobility, postural control, and gaze stability in persons with degenerative neurologic diseases such as Parkinson Disease and Multiple Sclerosis. As a component of this research, he and his colleagues study the effects of physical activity and exercise on the progression of disability in PD. Lee has authored numerous scientific publications and garnered grant support for his research from the National Institutes of Health, the US Army, and disease specific non-profit foundations. He lectures nationally and internationally on topics related to rehabilitation and Parkinson disease.

**Terry Ellis, PT, PhD, NCS** is an Assistant Professor at Boston University, College of Health & Rehabilitation Sciences in the Department of Physical Therapy & Athletic Training. Dr. Ellis is also the Director of the Center for Neurorehabilitation at Boston University and the Director of the American Parkinson Disease Association National Rehabilitation Resource Center housed at Boston University. Her research focuses on investigating the impact of exercise and rehabilitation on the progression of disability in individuals with Parkinson disease. She has a particular interest in identifying barriers to exercise and using mobile health technology to help persons with Parkinson disease overcome these barriers to engage in lifelong exercise. Dr. Ellis has a Ph.D. in Behavioral Neurosciences from Boston University School of Medicine and is a licensed physical therapist with board certification in Neurologic Physical Therapy. She has published numerous articles and lectures internationally on topics related to rehabilitation in persons with Parkinson disease.

**Course Developers:** Lee Dibble, PT, PhD, ATC; Terry Ellis, PT, PhD, NCS; Ryan Duncan, PT, DPT; Stephanie Combs, PT, PhD, NCS; Beth Fisher, PT, PhD, FAPTA; Jeffrey Hoder, PT, DPT, NCS; Alice Neiuwboer.