

DD SIG Episode 41: Fear-Avoidance Behaviors' Impact on Movement and Participation: Part 2- Treatment Strategies- with Mike Studer

In this episode, we talk with Mike Studer about intervention and treatment strategies related to fear-avoidance behaviors (as introduced in part 1/episode 40 with Ryan Duncan and Merrill Landers). Host Chris Burke talks with Mike about using autonomy-building strategies to reduce fear and exposure therapy strategies. They also delve into behavior change strategies including tips from the field of behavioral economics. Chris and Mike work through a case application together to help listeners start thinking about how to apply these principles in their own practice to reduce the impact of fear avoidance on physical activity and function.

The Degenerative Diseases Special Interest Group is part of the Academy of Neurologic Physical Therapy – www.neuroPT.org

Guest Information

Mike Studer, PT, DPT, MHS, FAPTA, Board-certified neurologic clinical specialist
Adjunct at Touro University, Las Vegas, NV
Physical Therapist at Post Acute Medical Rehabilitation (PAM Rehab) in Las Vegas, NV

Related Presentations

Medbridge: Treating Fear: Imbalance, Pain, Reinjury, Incontinence, and Beyond (recorded webinar with associated fee)- presented by Mike Studer: <https://www.medbridge.com/course-catalog/details/treating-fear-imbalance-pain-reinjury-incontinence-and-beyond-recorded-webinar-mike-studer/>

TedX Seeing the Potential in Brain Recovery by Mike Studer: [youtube.com/watch?v=Zwin3VMPI6I](https://www.youtube.com/watch?v=Zwin3VMPI6I)

Related Links

Rate of Perceived Stability Scale (developed by Dr. Debbie Espy):
<https://csumotionanalysislab.wordpress.com/rate-of-perceived-stability/>

Related Articles

Bezner JR. Promoting Health and Wellness: Implications for Physical Therapist Practice. *Phys Ther.* 2015 Oct;95(10):1433-44. doi: 10.2522/ptj.20140271. Epub 2015 Apr 23. Erratum in: *Phys Ther.* 2016 Jan;96(1):123. PMID: 25908523

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Jaehne EJ, Antolasic EJ, Creutzberg KC, Begni V, Riva MA, van den Buuse M. Impaired fear memory in a rat model of the brain-derived neurotrophic factor Val66Met polymorphism is reversed by chronic exercise. *Neurobiol Learn Mem.* 2023 Jun 1;203:107779. doi: 10.1016/j.nlm.2023.107779. Epub ahead of print. PMID: 37269900.

Landers MR, Jacobson KM, Matsunami NE, McCarl HE, Regis MT, Longhurst JK. A vicious cycle of fear of falling avoidance behavior in Parkinson's disease: A path analysis. *Clin Park Relat Disord*. 2021 Feb 4;4:100089. doi: 10.1016/j.prdoa.2021.100089. PMID: 34316667; PMCID: PMC8299987.

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Rethorn ZD, Covington JK, Cook CE, Bezner JR. Physical Therapists' Knowledge, Skills, Beliefs, and Organizations Impact Physical Activity Promotion: A Systematic Review and Meta-Analysis. *Phys Ther*. 2022 Mar 1;102(3):pzab291. doi: 10.1093/ptj/pzab291. PMID: 34972862.

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Rider JV, Longhurst JK, Lekhak N, Navalta JW, Young DL, Landers MR. Psychological Factors Associated with Fear of Falling Avoidance Behavior in Parkinson's Disease: The Role of Depression, Anxiety, and Catastrophizing. *J Geriatr Psychiatry Neurol*. 2023 May;36(3):215-224. doi: 10.1177/08919887221119974. Epub 2022 Aug 17. PMID: 35977708.

Wulf G, Lewthwaite R. Optimizing performance through intrinsic motivation and attention for learning: The OPTIMAL theory of motor learning. *Psychon Bull Rev*. 2016 Oct;23(5):1382-1414. doi: 10.3758/s13423-015-0999-9. PMID: 26833314.