

## 2009 Course Dates & Locations

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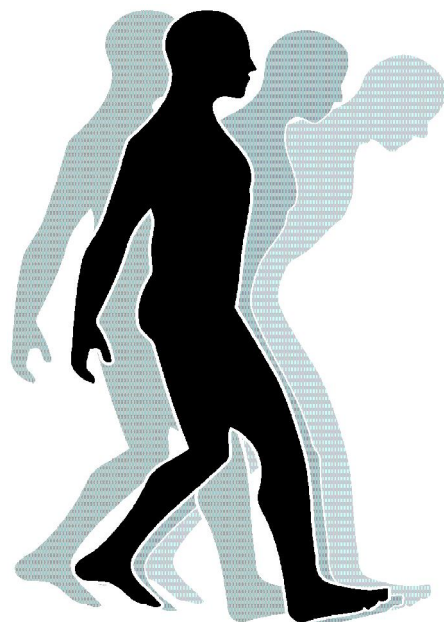
Call 1-800-300-5512 or Go online to: [www.healthclick.com/courses/nas11.cfm](http://www.healthclick.com/courses/nas11.cfm) for hotel and course location information. Future course dates & information are added weekly!



Certificates of attendance are given upon successful completion of the course. This course is 15.0 contact hours/1.50 CEUs.

NAS courses presented in Texas are submitted for approval to the TPTA for physical therapy ceu requirements. This course can be used for continuing education competency for license renewal for OT's in the state of California. AOTA provider #4487. North American Seminars, Inc. is an AOTA provider for continuing education. The Illinois, Kentucky, Missouri, Texas, Ohio, Tennessee, South Carolina, Rhode Island, Delaware, and Nevada occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. The AOTA does not endorse specific course content, products, or clinical procedures. FL OT provider #50-1442. BOC provider #P2047, IL PT provider #216000074.

# Functional Techniques for the Evaluation and Treatment of Parkinson's Disease



Presented by  
**Sara Koveleski Kraut, DPT**

**North American Seminars, Inc.**  
**1-800-300-5512**  
**Fax 1-800-310-5920**  
**www.healthclick.com**

## Day One

7:30	8:00	<b>Registration</b>
8:00	10:00	<b>Introduction and Overview of Parkinson's Disease</b>
		<ul style="list-style-type: none"> <li>• Types of Parkinsonism</li> <li>- Drug therapy and drug interactions</li> <li>- Current surgical procedures</li> </ul>
10:00	10:15	<b>Break</b>
10:15	12:00	<b>Assessment of Parkinson's Disease</b>
		<ul style="list-style-type: none"> <li>• Subjective</li> <li>• Objective/examination</li> <li>• Clinical implications</li> </ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	2:15	<b>Assessment Tools</b>
		<ul style="list-style-type: none"> <li>• Balance tests</li> <li>- Tinetti, Berg</li> <li>- Functional reach, static tests</li> <li>• Gait analysis</li> <li>- Dynamic gait index</li> <li>- Timed get up and go</li> <li>- Common impairments</li> <li>• Posture assessment</li> <li>• Flexibility testing</li> </ul>
2:15	3:00	<b>Video Assessment Analysis</b>
		<ul style="list-style-type: none"> <li>• Balance impairments</li> <li>• Gait dysfunction</li> <li>• Movement impairments</li> </ul>
3:00	3:15	<b>Break</b>
3:15	4:30	<b>Documentation</b>
		<ul style="list-style-type: none"> <li>• Goal writing</li> <li>• Coding</li> <li>• Utilizing the <i>Guide to PT Practice</i></li> </ul>
4:30	5:30	<b>Evidence-Based Practice</b>
		<ul style="list-style-type: none"> <li>• Review of current research-based treatment approaches and how to incorporate the information into your rehabilitation program</li> <li>• Future of Parkinson's Disease</li> </ul>
5:30	6:00	<b>Review/Questions</b>

## Day Two

8:00	10:00	<b>Treatment Strategies (Lab)</b>
		<ul style="list-style-type: none"> <li>• Gait</li> <li>• Balance</li> <li>• Strengthening</li> <li>• Stretching</li> <li>• Home exercise guidelines</li> </ul>
10:00	10:15	<b>Break</b>
10:15	12:00	<b>Treatment Strategies, continued (Lab)</b>
		<ul style="list-style-type: none"> <li>• Equipment exercises</li> <li>- Swiss ball</li> <li>- Foam roll</li> <li>- Swiss disc</li> <li>- BOSU</li> <li>- Balance board</li> <li>• Posture Guidelines</li> <li>• Transfer training</li> </ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	2:30	<b>Alternative Treatments/ Exercises (Lab)</b>
		<ul style="list-style-type: none"> <li>- Pilates</li> <li>- Yoga</li> <li>- Tai Chi</li> </ul>
2:30	3:00	<b>Case Studies: (Lecture) Video Demonstration</b>
		<ul style="list-style-type: none"> <li>• Class problem solving for complex issues involving balance and postural impairments and gait dysfunctions</li> </ul>
3:00	3:45	<b>Summary</b>
		<ul style="list-style-type: none"> <li>• Integrating treatment plans</li> <li>• Questions</li> </ul>

## About the Educator

**Sara Koveleski Kraut, DPT**, is the owner of Advanced Physical Therapy and Health Services in Park Ridge, Illinois, where she treats a variety of neurological diagnoses including Parkinson's disease, multiple sclerosis, peripheral neuropathy, gait, balance disorders and peripheral vestibulopathy. Sara has developed successful treatment programs for the neurologically involved patient that focus on using current concepts in the health and fitness world and findings from evidence-based research. She incorporates her philosophy of "total health and well being" when developing her comprehensive rehabilitation programs. Dr. Koveleski Kraut established a successful clinic by effectively communicating with local neurologists and providing successful outcomes for her patients diagnosed with neurological diseases.

Sara earned her Doctor of Physical Therapy degree from Rosalind Franklin University of Health Sciences. She completed her professional practicum at The Miami Project To Cure Paralysis, the largest and most comprehensive research center in the world dedicated to spinal cord injury research. Upon graduation Sara received an award for excellence in clinical education. Sara is also an active member of the APTA.

Aside from her professional involvement in physical therapy, Sara stays active in the health and fitness world. She is an AFAA-certified group fitness instructor and an ACE-certified personal trainer. Sara also teaches group fitness classes at Bally Total Fitness. She is a member of the Chicago Bally Total Fitness Performance Team, where she enjoys promoting health and fitness at local Chicago events, which have included giving Pilates demonstrations at events such as The Taste of Chicago and the NBC Health & Fitness Expo. Sara incorporates her active healthy lifestyle into the development of comprehensive rehabilitation programs.

## Why You Should Attend This Course

This two-day course provides an in-depth look at the evaluation and treatment of patients with Parkinson's disease. The most current evidence-based and advanced concepts in rehabilitation for the effective management of Parkinson's disease will be thoroughly discussed. This course enables the clinician to identify impairments and functional limitations of patients with Parkinson's disease and then implement an effective treatment plan to achieve optimal outcomes. An overview of common medications, surgical procedures, and the effects they can have on rehabilitation are discussed in an interactive format. The scientific and clinical rationale for assessment and treatment strategies are thoroughly discussed. The interactive laboratory sessions throughout day two will enhance the information learned on integrative and functional treatment techniques. The techniques can be immediately applied to the clinical setting to promote positive treatment outcomes.

The case studies presented enable the clinician to perform effective evaluations and to develop appropriate rehabilitation programs. Proper documentation and goal-writing guidelines are also discussed. The clinician who attends this interactive seminar will gain knowledge that can immediately be applied in the clinical setting and will have the information that is needed to develop comprehensive evaluations and treatment programs for people with Parkinson's disease.

## Course Objectives

Upon completion of this course the participant will be able to:

- Describe the pathophysiology of Parkinson's disease and understand the underlying physiological, anatomical changes and symptoms associated with the disease.
- Perform a thorough evaluation of patients with Parkinson's disease and interpret the findings to develop a systematic treatment plan.
- Understand the common medications used in the medical treatment of Parkinson's disease, their effectiveness on symptoms, and how they can affect rehabilitation.
- Learn a variety of assessment tools and tests for balance, gait, posture, and flexibility.
- Develop an evidence-based treatment program for Parkinson's disease while incorporating realistic functional goals with measurable outcomes.
- Incorporate exercises derived from Pilates, Yoga, Tai Chi, and small exercise apparatuses for creative, innovative treatments for clinical and home exercise programs.
- Discuss the latest evidence-based treatment techniques.

Call North American Seminars, Inc. if your facility is interested in hosting this course or if you are an educator interested in presenting courses with North American Seminars, Inc.

**Registration Form**

Koveleski 08

Name \_\_\_\_\_ Profession \_\_\_\_\_

Home  Business  \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Credit Card \_\_\_\_\_

expiration date \_\_\_\_\_ e-mail \_\_\_\_\_

Location of attendance \_\_\_\_\_

Clinical Update on Parkinson's Disease

Registration fee: **\$399**

Send tuition to: North American Seminars, Inc.  
2000 Mallory Lane Suite 130-67 Franklin, TN 37067  
**1-800-300-5512** Fax 1-800-310-5920 [www.healthclick.com](http://www.healthclick.com)

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. (NAS) reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an act of war or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.