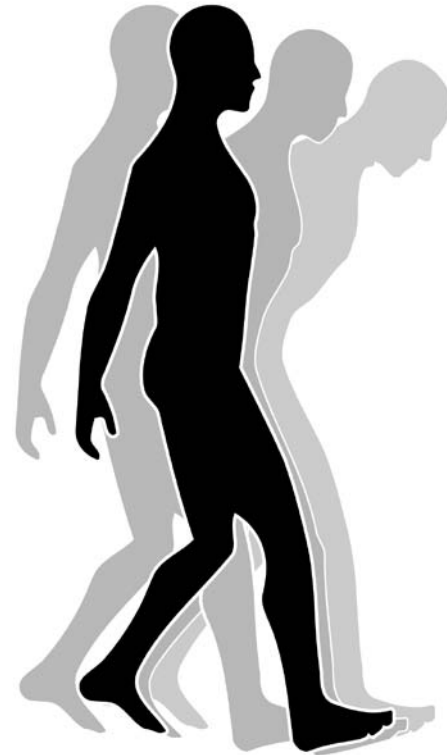


Functional Techniques for the Evaluation and Treatment of Parkinson's Disease



Presented by
Sara Koveleski Kraut, DPT
North American Seminars, Inc.
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This course is 15.0 contact hours/1.50 CEUs/CCU's

This course is 18 hours/ 1.8 CEUs for therapists licensed in the District of Columbia,
Florida, Alaska, Illinois and New York

Day One

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

Day Two

8:00	10:00	Treatment Strategies (Lab) <ul style="list-style-type: none">• Different treatment ideas for gait and balance• Strengthening and stretching exercises-what to emphasize• Home exercise program guidelines
10:00	10:15	Break
10:15	12:00	Treatment Strategies, Continued (Lab) <ul style="list-style-type: none">• Equipment exercises<ul style="list-style-type: none">- Swiss ball- Foam roll- Swiss disc- BOSU- Balance board• Posture guidelines• Unfreezing strategies• Transfer training
12:00	1:00	Lunch (on your own)
1:00	2:15	Alternative Treatments-Exercises (Lab) <ul style="list-style-type: none">- Pilates- Yoga- Tai Chi
2:15	3:00	Case Studies: (Lecture) Video Demonstration <ul style="list-style-type: none">• Observation of various treatment techniques• Integrating treatment plans
3:00	3:15	Summary <ul style="list-style-type: none">• Questions



About the Educator

Sara Koveleski Kraut, PT, 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 Medicine and Science in North Chicago, IL. 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, she received an award for excellence in clinical education. Sara regularly returns to the university as a guest lecturer. She also provides local community education regarding health issues and rehabilitation. Sara is also an active member of the APTA and of the Private Practice Forum of the IPTA.

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, an ACE-certified personal trainer, and a Pilates Instructor. Sara also teaches group fitness classes at LA Fitness. Sara has an extensive history of working with Bally Total Fitness in the media and has promoted health and fitness at multiple local Chicago events, including the Taste of Chicago, the NBC Health and Fitness Expo, and local news reports. She has also participated in several marathons. Sara incorporates her healthy, active lifestyle into the development of comprehensive rehabilitation programs.

Why You Should Attend This Course

In the United States, 50,000-60,000 new cases of PD are diagnosed each year, adding to the more than one million Americans who currently have PD. This two-day beginner to intermediate level course provides an in-depth look at the evaluation and treatment of patients with Parkinson’s disease. This course is jam-packed with the most up-to-date information on 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. There are very specific needs that must be addressed in rehabilitation of these patients. 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 dynamic and 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 video 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. This is a great course to help new therapists and not-so-new therapists expand their clinical toolbox of functional examination and treatment techniques. Less experienced therapists will gain an in-depth understanding of Parkinson’s Disease and other parkinsonian disorders, as well as how to effectively evaluate and treat patients with these conditions. More experienced therapists will appreciate the review of the information, as well as gain a more current perspective on evidenced-based evaluative and treatment techniques and learn about the most recent research on Parkinson’s Disease. Be prepared to leave the course with several new and effective evaluative and treatment techniques for this population.

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.

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Registration Form

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Location of attendance

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.