

# Evidence Based Rehab Techniques for Parkinson's, Multiple Sclerosis and Peripheral Neuropathy



Presented by  
**Sara Koveleski Kraut, PT, DPT**

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

**PT, OT, PTA and ATC -  
Continuing Education Course**

Check out our new  
**Online Continuing Education Courses**  
Pre-approved for Continuing Education  
[www.healthclick.com/physical-therapy-online.cfm](http://www.healthclick.com/physical-therapy-online.cfm)

Certificates of attendance are given upon  
successful completion of the course.

**This course is 15.0 contact hours/1.50 CEUs**

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	<b>Registration</b>
8:00	10:00	<b>Introduction and Overview of Parkinson's Disease (Lecture)</b> <ul style="list-style-type: none"> <li>• Types of Parkinsonism</li> <li>• Symptoms and progressive stages</li> <li>• Medications                     <ul style="list-style-type: none"> <li>-effects/indications, side effects</li> </ul> </li> <li>• Current surgical procedures</li> </ul>
10:00	10:15	<b>Break</b>
10:15	11:15	<b>Introduction and Overview of Multiple Sclerosis (Lecture)</b> <ul style="list-style-type: none"> <li>• Pathophysiology of MS</li> <li>• Symptoms and signs of relapsing-remitting</li> <li>• Medical Overview</li> <li>• Current research on treatment</li> </ul>
11:15	12:15	<b>Introduction and Overview of Peripheral Neuropathy (Lecture)</b> <ul style="list-style-type: none"> <li>• Pathophysiology of Peripheral Neuropathy</li> <li>• Symptoms of Peripheral Neuropathy</li> <li>• Medical Overview</li> </ul>
12:15	1:15	<b>Lunch (on your own)</b>
1:15	2:30	<b>Neurological Examination and Assessment (Lecture)</b> <ul style="list-style-type: none"> <li>• Subjective</li> <li>• Objective/examination</li> <li>• Common impairments</li> <li>• Clinical implications</li> <li>• Causes of balance and postural impairments</li> </ul>
2:30	3:00	<b>Assessment Tools (Lecture)</b> <ul style="list-style-type: none"> <li>• Review of standardized tests for Assessing Balance                     <ul style="list-style-type: none"> <li>- Static and dynamic tests</li> <li>- Berg            - Tinetti</li> <li>- Dynamic Gait Index</li> <li>- Functional Gait Assessment</li> <li>- Gait Abnormality Rating Scale</li> <li>- ABC scale</li> </ul> </li> </ul>
3:00	3:15	<b>Break</b>
3:15	4:30	<b>Video Analysis (Lecture/Lab)</b> <ul style="list-style-type: none"> <li>• Video Case Studies                     <ul style="list-style-type: none"> <li>- Parkinson's</li> <li>- Multiple Sclerosis</li> <li>- Peripheral Neuropathy</li> </ul> </li> <li>• Class problem solving for complex issues involving gait and balance deficits</li> </ul>
4:30	6:00	<b>Treatment for Parkinson's (Lab)</b> <ul style="list-style-type: none"> <li>• Gait                     <ul style="list-style-type: none"> <li>- Breakdown of specific concerns and components of gait and rehab strategies</li> <li>- Unfreezing strategies</li> </ul> </li> <li>• Special Considerations                     <ul style="list-style-type: none"> <li>- Assistive devices</li> <li>- Visual/auditory cues</li> <li>- Facial/vocal exercises</li> </ul> </li> <li>• Strategies for progressive symptoms</li> <li>• Interdisciplinary considerations</li> </ul>
6:00	6:15	<b>Review/Questions</b>

## Day Two

8:00	9:00	<b>Treatment Strategies (Lab)</b> <ul style="list-style-type: none"> <li>• Multiple Sclerosis                     <ul style="list-style-type: none"> <li>- Breakdown of specific concerns and components of gait and rehab strategies</li> </ul> </li> <li>• Strategies for managing relapses</li> <li>• Interdisciplinary considerations</li> </ul>
9:00	9:45	<b>Treatment Strategies (Lab)</b> <ul style="list-style-type: none"> <li>• Peripheral Neuropathy                     <ul style="list-style-type: none"> <li>-Breakdown of specific concerns and components of gait and rehab strategies</li> </ul> </li> <li>• Interdisciplinary considerations</li> </ul>
9:45	10:00	<b>Break</b>
10:00	10:45	<b>Balance Re-Training (Lab)</b> <ul style="list-style-type: none"> <li>-Balance</li> <li>-Agility</li> <li>-Functional movement patterns</li> </ul>
10:45	11:45	<b>Treatment Strategies, Continued (Lab)</b> <ul style="list-style-type: none"> <li>• Equipment exercises                     <ul style="list-style-type: none"> <li>- Swiss ball</li> <li>- Foam roll</li> <li>- Swiss disc</li> <li>- BOSU</li> <li>- Balance board</li> </ul> </li> <li>• Posture guidelines</li> <li>• Transfer training</li> </ul>
11:45	12:30	<b>Lunch (on your own)</b>
12:30	1:45	<b>Alternative Treatments- Exercises (Lab)</b> <ul style="list-style-type: none"> <li>- Pilates</li> <li>- Yoga</li> <li>- Tai Chi</li> <li>- Boxing</li> </ul>
1:45	2:30	<b>Evidence Based Research Practice (Lecture)</b> <ul style="list-style-type: none"> <li>• Review of current research-based treatment approaches and how to incorporate the information into rehab programs</li> </ul>
2:30	3:00	<b>Discussion of Current Treatment, Research and News In Neurology</b>
3:00	3:15	<b>Summary/Questions</b>



© Copyright 2014, North American Seminars, Inc. All images, layout and content on this brochure are the sole property of North American Seminars, Inc. Healthclick™ and The Healthclick Medical Course Series™ are the trademark of NAS, Inc.

## 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 certified Pilates Instructor. Sara also teaches group fitness classes at LA Fitness and the local park district. 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

Neuromuscular and central nervous system diseases affect millions of people throughout the United States and worldwide. It is estimated that 50,000-60,000 new cases of Parkinson’s Disease are diagnosed each year, adding to the more than one million Americans already diagnosed with the disease. Approximately 400,000 people in the US are affected by Multiple Sclerosis and 2.3 million worldwide. Add to these statistics the 2.4 percent of the US population diagnosed with peripheral neuropathy.

This two-day intermediate level course provides an in-depth look at the evaluation and treatment of patients with Parkinson’s Disease, Multiple Sclerosis, and Peripheral Neuropathy. This course provides the most up-to-date information on these neurological conditions. An in-depth presentation of the clinical research, current 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 at different stages of progression are thoroughly presented.

In addition to the comprehensive didactic information presented, this course will encompass a large amount of laboratory time. Innovative techniques, ranging from balance and gait training, yoga, boxing, Pilates and the use of therapeutic equipment will be utilized during lab sessions with the goal of formulating a patient specific progressive treatment program.

Video case study analysis and group discussion for movement dysfunction and gait abnormalities will provide the clinician with the skills necessary to discern the underlying mechanism of pathomechanics and dysfunction.

The dynamic and interactive laboratory sessions throughout the course 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 and to improve the patients functional quality of life. 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, Multiple Sclerosis and Peripheral Neuropathy.
- Perform a thorough evaluation of patients with Parkinson’s disease, Multiple Sclerosis and Peripheral Neuropathy.
- Identify the underlying physiological, anatomical changes and symptoms associated with the different stages of progression of the diseases and understand how to effectively manage rehab progression and outcomes through the symptomatic changes.
- Discuss the common medications, surgical procedures and updated clinical research used in the medical treatment of Parkinson’s Disease, Multiple Sclerosis, and Peripheral Neuropathy and their effectiveness on symptoms and how they can impact rehabilitation.
- Demonstrate understanding and competence in choosing proper assessment tools and tests for balance, gait, posture and flexibility depending on the patient’s condition and diagnosis.
- Develop evidence-based treatment programs for Parkinson’s, Multiple Sclerosis and Peripheral Neuropathy disease while incorporating realistic functional goals with measurable outcomes.
- Incorporate exercises derived from Pilates, Yoga, Tai Chi, boxing and small exercise apparatuses for creative, innovative treatments for clinical and home exercise programs.
- Discuss the latest evidence-based treatment techniques and current concepts being explored in the international health community to enhance quality of life.

## Registration Form

Name \_\_\_\_\_ Profession \_\_\_\_\_  
Home \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_  
Credit Card \_\_\_\_\_  
expiration date \_\_\_\_\_ e-mail \_\_\_\_\_  
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.