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**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, Illinois and New York

**This course is applicable for PT, PTA, OT, AT's.** This course meets the continuing education requirements for physical therapists in the States of AK, AL, CA, CO CT, DE, DC, GA, ID, IN, MA, MO, MT, NH, NC, OR, PA, RI, SC, UT, VT, VA, WA, WI and WY. NAS is a provider for continuing education approved by the IDPR for physical therapists, IL provider # 216000074. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas for 15 ccu's. The assignment of Texas PT CCU's does not imply endorsement of specific content, products, or clinical procedures by TPTA or TBPTE. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 ccu's, 15 Category-1 PDA units. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **North American Seminars, Inc. is an AOTA provider for continuing education. Provider # 4487.** Intermediate Level Occupational Therapy Process: evaluation, intervention, outcomes. AOTA approval hours-15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. FL OT provider # 50-1442. **BOC provider # P2047**, 15 hrs, category A, call for evidence-based approval status. Meets the NB-COT requirements. **Don't see your state listed? Call 800-300-5512 for specific state approval numbers as they are continually updated.**

Earn 22 CEU's when you choose the bundle option during online registration (live course, DVD with online access and pre-approved home study).

**Treatment Approaches for the Neurological Progression of Multiple Sclerosis and Parkinson's Disease**

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



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

**North American Seminars, Inc.**  
**1-800-300-5512 | Fax 1-800-310-5920**  
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PT, OT, PTA and AT -  
 Continuing Education Course

| Day One |       | Day Two |       |
|---------|-------|---------|-------|
| 7:30    | 8:00  | 8:00    | 9:00  |
| 8:00    | 10:00 | 9:00    | 9:45  |
| 10:00   | 10:15 | 9:45    | 10:00 |
| 10:15   | 11:15 | 10:00   | 10:45 |
| 11:15   | 12:15 | 10:45   | 11:45 |
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| 3:15    | 4:30  | 3:00    | 3:15  |
| 4:30    | 6:00  | 6:00    | 6:15  |

**Registration**  
**Introduction and Overview of Parkinson's Disease (Lecture)**

- Types of Parkinsonism
- Symptoms and progressive stages
- Medications
  - effects/indications, side effects
- Current surgical procedures

**Break**

**Introduction and Overview of Multiple Sclerosis (Lecture)**

- Pathophysiology of MS
- Symptoms and signs of relapsing-remitting
- Medical Overview
- Current research on treatment

**Introduction and Overview of Peripheral Neuropathy (Lecture)**

- Pathophysiology of Peripheral Neuropathy
- Symptoms of Peripheral Neuropathy
- Medical Overview

**Lunch (on your own)**

**Neurological Examination and Assessment (Lecture)**

- Subjective
- Objective/examination
- Common impairments
- Clinical implications
- Causes of balance and postural impairments

**Assessment Tools (Lecture)**

- Review of standardized tests for Assessing Balance
  - Static and dynamic tests
  - Berg
  - Tinetti
  - Dynamic Gait Index
  - Functional Gait Assessment
  - Gait Abnormality Rating Scale
  - ABC scale

**Break**

**Video Analysis (Lecture/Lab)**

- Video Case Studies
  - Parkinson's
  - Multiple Sclerosis
  - Peripheral Neuropathy
- Class problem solving for complex issues involving gait and balance deficits

**Treatment for Parkinson's (Lab)**

- Gait
  - Breakdown of specific concerns and components of gait and rehab strategies
  - Unfreezing strategies
- Special Considerations
  - Assistive devices
  - Visual/auditory cues
  - Facial/vocal exercises
- Strategies for progressive symptoms
- Interdisciplinary considerations

**Review/Questions**

**Treatment Strategies (Lab)**

- Multiple Sclerosis
  - Breakdown of specific concerns and components of gait and rehab strategies
- Strategies for managing relapses
- Interdisciplinary considerations

**Treatment Strategies (Lab)**

- Peripheral Neuropathy
  - Breakdown of specific concerns and components of gait and rehab strategies
- Interdisciplinary considerations

**Break**

**Balance Re-Training (Lab)**

- Balance
- Agility
- Functional movement patterns

**Treatment Strategies, Continued (Lab)**

- Equipment exercises
  - Swiss ball
  - Foam roll
  - Swiss disc
  - BOSU
  - Balance board
- Posture guidelines
- Transfer training

**Lunch (on your own)**

**Alternative Treatments- Exercises (Lab)**

- Pilates
- Yoga
- Tai Chi
- Boxing

**Evidence Based Research Practice (Lecture)**

- Review of current research-based treatment approaches and how to incorporate the information into rehab programs

**Discussion of Current Treatment, Research and News In Neurology Summary/Questions**

For special needs request, please submit a help ticket at [www.healthclick.com](http://www.healthclick.com)



## About the Educator

**Sara Koveleski Kraut, PT, DPT, NCS,** is the founder and owner of Advanced Physical Therapy and Health Services in Park Ridge, Illinois. She enjoys treating people of various conditions and of all ages, including neurologic, orthopedic, and vestibular. However, Sara and her clinic specialize in the evaluation and treatment of various neurological diagnoses, including Parkinson's disease, multiple sclerosis, peripheral neuropathy, gait, balance disorders, and peripheral and central vestibulopathies. 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. Dr. Koveleski Kraut is a board-certified Neurologic Clinical Specialist (NCS) through the American Board of Physical Therapy Specialties (ABPTS).

Still running her private practice and seeing patients, Dr. Koveleski Kraut officially joined the Physical Therapy faculty at Rosalind Franklin University of Medicine and Science in 2015. Teaching in the DPT curriculum, she focuses on clinical applications in the neurologic and vestibular settings. Sara also leads multiple student research groups studying the effectiveness of group exercise on balance and fall risk in community-dwelling older adults. She is also part of a interprofessional team of researchers at the university performing a Department of Defense-funded research study on improving balance confidence in trans-tibial prosthesis users.

Sara is an active member of the APTA (Private Practice Section) and Illinois Physical Therapy Association (IPTA), as well as the IPTA's Illinois Network of Independent Physical Therapists, in which she currently serves as Secretary.

Sara is a certified Pilates instructor, AFAA-certified group fitness instructor, an ACE-certified personal trainer. Sara continues to teach community-based fitness classes at local health clubs and the 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.

Dr. Koveleski Kraut is passionate about education and is always excited to share her 15+ years of clinical experience with therapists around the country, as she has been a national educator for over a decade.

## 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

### Evidence Based Rehab for PD, MS and PN

Send tuition to: North American Seminars, Inc.  
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| City                   | State | Zip        | _____ |            |       |
| Credit Card            | _____ |            |       |            |       |
| Exp.date               | CW    | Phone(req) | _____ |            |       |
| e-mail (required)      | _____ |            |       |            |       |
| 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.