Registration

Name (First, Middle Initial, Last)

Street Address

City, State, Zip

Phone

Email Address (required for course confirmation)

Payment Method – If paying by credit card, please fill out information below (VISA, MC, or Discover card only). If paying by check, please make payable to University of Toledo, PT Program. Mail this form and payment to Michelle Masterson at the address below.

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Print Cardholder’s Name

Cardholder’s Billing Address with zip code

Signature

Please Mail Registration to:
Michelle Masterson, PT, PhD
University of Toledo
2801 W. Bancroft St. MS 119
Toledo, OH 43606

Course Information Questions:
Jackie Russell, RN, BSN – OhioHealth Delay the Disease
Email: jackie.russell@ohiohealth.com

April 24-25, 2015
The University of Toledo

Presented By:
David Zid, BS, ACE, APG
Director Movement Disorders / Musculoskeletal Wellness
OhioHealth Delay the Disease

Michelle Masterson, PT, PhD
Director, Physical Therapy Program
University of Toledo

Jackie Russell, RN, BSN, CNOR Video Program Development Coordinator
OhioHealth Delay the Disease
Overview of the Training

**WHAT WILL THIS COURSE COVER?**

This course will provide evidenced-based updates on the effects of exercise and physical therapy on the symptomatic management of Parkinson’s disease (PD). Each participant will be able to integrate this knowledge along with teaching techniques to create and lead a comprehensive community-based PD-specific exercise program based on the Delay the Disease fitness agenda. The participants will select appropriate assessment tools -outcome measures for the evaluation of people living with PD.

As a certified Delay the Disease professional, you will understand the importance of motivation, enthusiasm, optimism and methods of teaching. These methods will be used to design a fitness agenda to treat a specific symptom related to PD. Ultimately, each participant will acquire knowledge to successfully create and implement an interdisciplinary exercise and wellness program for people with PD.

**Curriculum**

**Course Curriculum (Day 1)**

Basic Review of PD, Research and Assessment Tools
- Introduction to PD
- Review of current research
- Assessment tools

**Class Start Up Issues**

- Class coordinator
- Class leader
- Location
- Funding
- Marketing
- Liability
- Research-data collection
- Class organization
- Trouble shooting tips

**Course Curriculum (Day 2)**

Concepts of PD Symptoms,
- Stooped Posture
- Gait
- Freezing
- Position Changing Problems
- Rigidity
- Weakness & Fatigue
- Altered Balance
- Decrease Facial Expression
- Low Voice Volume
- Micographia

**Also Learn…**

- Class Design/Agenda
  - Micro/Macro Cycles
  - Class Feedback
  - Functional Fitness

**Instructor Goals**

- Inspire and Motivate
- Instill Self Confidence
- Maintain Independence
- Decrease Fall Risk
- Improve Stature, Posture
- Minimize Fatigue
- Reduce Rigidity
- Return Arm Swing
- Improve Gait
- Pain Management
- Design Home Program
- Improve Mobility

**Sponsored by:**

The University of Toledo Physical Therapy Program

**Date:**

April 24-25, 2015:
- Friday 12:15 – 5:30 pm
- Saturday 8:30 – 3:00 pm

**Location:**

University of Toledo Main Campus
2801 W. Bancroft St.
Toledo, OH 43606
Health and Human Services Bldg. room 1711

**Cost:**

- $250 (before April 1)
- $295 (after April 1)
- $200 (UT Employee rate)
- $75 (student rate)

**Deadline:**

April 10, 2015

**Continuing Education Credit:**

- 10 CEUs approved for PT/PTA, OT/COTA, AT, RN

**Wear appropriate clothing for exercise; food provided**

**Testing/Skill Implementation**

Each participant will design a fitness agenda based on a PD symptom; return demonstration with partner work.