

About the speaker...



Dr. Farley has practiced physical therapy for over 25 years. She has a bachelors degree in PT from the University of Oklahoma, a Masters in PT from UNC Chapel Hill and PhD in Neuroscience from the University of

Arizona. She completed her post doctoral training in Motor Control in 2003 at the University of Arizona.

She has published numerous research articles on the efficacy on large amplitude exercise in improving motor function and has just completed an NIH funded preliminary efficacy study on this technique. She is now continuing this study with additional NIH funding as well as support from the Michael J Fox Foundation.

Dr. Farley is research assistant professor at the University of Arizona, Department of Physiology.

Schedule:

Registration 8:30-9 AM

Lecture: 9am-12 noon (1/15 minute break)

Lunch 12-12:30 (Provided)

Lecture/Lab 12:30-4PM (1/15 minute break)

CEU: Application has been made to the DE Board of Physical Therapy for .6 CEU's

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Neurologic & Older Adult Physical Therapy Clinic
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Newark, DE 19716

THINK BIG! Physical Therapy Interventions Using Amplitude Training in Parkinson's Disease.

**Presenter:
Becky Farley, PT, PhD**



Date: Sat. May 6, 2006
Location: McKinly Lab
Registration 8:30-9 am
Time 9 am-4 pm
Attire: Lab appropriate/casual

Sponsored by the Neurologic
and Older Adult Physical
Therapy Clinic, University of
Delaware

About the course...

Recent advances in neuroscience have lead to the development of **new physical therapy interventions for patients with Parkinson's Disease (PD)**. In these interventions, patients are taught to improve function by focusing on one task goal and high effort/large amplitude movement (BIGNESS or LOUDNESS).

The application of amplitude-based treatment principles to the limb motor system, **training BIG**, has recently documented improvements in amplitude that have also generalized to improved speed, balance, and quality of life.

Key treatment concepts include increasing motor drive, retraining sensory perceptions, simple focus, and high effort/multiple repetitions. These concepts are consistent with the literature citing key elements of exercise that contribute to neuroplasticity and brain reorganization in animal and human models of PD.

This symposium is meant to be interactive. Actual patient and video demos will be used to demonstrate treatment concepts and stimulate dialogue. Participants will acquire an overall understanding of the impact of current advances in neuroscience on the "standard of care" for people with PD.

Course objectives include:

- Describe basic and clinical science evidence suggesting the use of exercise as a physiological tool to promote brain plasticity and slow motor deterioration in individuals with early Parkinson disease (PD).
- Identify fundamental principles of neuroplasticity to consider in developing a treatment plan to optimize activity-dependent plasticity in PD.
- Describe the research establishing Training of amplitude as an efficacious treatment in the speech motor system in Parkinson disease (LSVT/LOUD).
- Summarize the initial efficacy studies of amplitude based therapy applied to whole-body movement (Training BIG).
- Provide the rationale and pilot data for targeting speech and limb motor deficits *simultaneously* in an integrated whole body amplitude-based rehabilitation approach, Training BIG and LOUD.
- Summarize the efficacy data on exercise in PD and compare/contrast different approaches to exercise in PD and formulate a rationale for how they may best be implemented across disease-severity



Registration is extremely limited to allow for the interactive nature of this conference. Please sign-up early, registration is first come first serve.

Registration Information:

Name _____

Professional Designation _____

Facility _____ *

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail (only for course updates) _____

FEE:

\$90 registration fee includes handouts and lunch.

* Fees are reduced by \$10/person for facilities sending more than 1 person or who have provided clinical instruction to UDPT student in 2005-2006.

Make checks payable to:

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