

2517 – Progressions for Parkinson's Disease / Neuro Strategies

Intermediate / Pool Workshop

Sanibel, FL / Thursday, June 25, 2020 – 1:00-4:00 pm – 2.5 credit hours

(Pool: 1:00-2:15 pm / Classroom: 2:45-4:00 pm)

Faculty: Mary LaBarre, PT, DPT, ATRIC – Progressions for Parkinson's Disease

Julia Meno, CTRS, CMT, ATRIC – Neuro Strategies

Progressions for Parkinson's Disease

COURSE DESCRIPTION: This course will provide evidence-based research for evaluation and treatment of individuals with Parkinsonism, Parkinson's Disease, and other movement disorders at various stages of disease progression. The course will discuss the use of aquatic exercise in rehabilitation and community exercise programs.

COURSE OBJECTIVES:

- 1) Identify prevalence of Parkinson's Disease and discuss possible risk factors for developing disease.
- 2) Examine diagnosis criteria and staging of disease progression.
- 3) Assess exercise and its effect on Parkinson's symptoms.
- 4) Identify use of aquatic exercise progressions for individuals with Parkinson's Disease and other movement disorders (1:1 rehab into wellness populations).

FACULTY: **Mary LaBarre, PT, DPT, ATRIC**, is a full-time physical therapist, specializing in aquatic-based rehab at YMCA Healthy Living Center in the Des Moines, Iowa metro area. She works with a variety of patient populations including cardiopulmonary, orthopedic, neurological, general debility, sports medicine and chronic pain diagnoses. Mary is also a certified clinical instructor and has participated in Diabetes Education programming. She has completed the ATRI Lumbar Stabilization and AquaStretch Specialty Certificate Programs.

Neuro Strategies

COURSE DESCRIPTION:

This course will discuss aquatic therapy treatment techniques for neurological conditions. The pool lab will provide hands-on training for joint and postural stabilization, strengthening and functional activities. The aquatic practitioner will develop critical thinking skills for when and how to increase ROM and muscular endurance using aquatic mobilizations, PNF (neuromuscular retraining techniques) and exercises in the pool.

COURSE OBJECTIVES:

- 1) Utilize aquatic mobilizations, PNF techniques, and exercises in the pool for major muscle groups to improve joint and postural stabilization, strength, ROM, balance, and co-ordination.
- 2) Demonstrate use of sensory-motor cues with an isometric, isotonic and isokinetic contraction.
- 3) Practice basic skills, modifications, cueing techniques and progressions for implementing aquatic exercises with neurologic impairments.

FACULTY: **Julia Meno, CTRS, CMT, ATRIC**, is the founder/owner of Therapeutic Aquatics, Inc. and provides individual Myofascial Aquatic Body Work, AquaStretch™ and adaptive aquatic classes. She is the author and publisher of *The Bad Ragaz Ring Method Visual Instructional Manual and Video*; and co-producer of the *PNF in The Pool* and *Myofascial Aquatic Body Work* DVDs. She received the 2014 Aquatic Therapy Professional Award and the 2002 ATRI Tsunami Spirit Award.