

PTA PROGRAM 8th ANNUAL CLINICIAN APPRECIATION DAY
SPEAKER BIOS, SESSION DESCRIPTIONS & OBJECTIVES

Practical Treatment Ideas Based on the Updated Clinical Practice Guidelines for the Management of Parkinson's Disease

Jennifer Brown, PT, DPT, GCS

Dr. Brown earned her Master's degree in Physical Therapy from Springfield College and her Doctorate in Physical Therapy from Temple University. She was awarded her Geriatric Clinical Specialist certification in 2009. Dr. Brown's area of expertise is in geriatric physical therapy and wellness with the neurologically impaired population. She earned certification in LSVT BIG for Parkinson's, the Balance Wear weighted vest for the neurological population in 2011, Rock Steady Boxing for Parkinson's in 2017, and became PWR certified for Parkinson's in 2020. Dr. Brown worked for Main Line Health for 15 years and founded Dynamic Home Therapy in 2011, and expanded with DynamicNeuroFit in 2018. Dynamic Home Therapy & NeuroFit provides 1:1 PT, OT and SLP neuro-rehabilitation services in the home and their Devon clinic, along with running Rock Steady Boxing programs for Parkinson's, which focuses on improving function for persons with Parkinson's disease. She has been an adjunct faculty member at Harcum College and is currently an adjunct faculty member at Drexel University. She has served as a speaker on various Physical Therapy topics both nationally and regionally. Dr. Brown has served as the vice chair of the PPTA Private Practice SIG.

Barrie Greenberg, PT, DPT

Dr. Greenberg earned a Bachelor of Arts degree in Behavioral Neuroscience from Lehigh University and a Doctor of Physical Therapy degree from Arcadia University. She has fourteen years of clinical experience as a physical therapist, and her clinical practice has been devoted to the rehabilitation of persons with neurological diagnoses across the continuum of care, including acute care, acute rehab, outpatient and home care. Dr. Greenberg is a LVST BIG certified clinician. She is also certified in PWR! For Parkinson's disease, Rock Steady Boxing and Tai Chi for Rehabilitation. Dr. Greenberg practices physical therapy full time at Dynamic Home Therapy, where she specializes in the development and implementation of physical therapy intervention programs for persons with neurological diagnoses in their home environment. She is a Wellness leader and Rock Steady boxing coach. Dr. Greenberg was a participating clinician in a multi-site research study coordinated by Arcadia University. She has presented regionally to community and professional groups, and she has presented nationally at the Annual Rock Steady Boxing Conference.

Course Description:

This course focuses on educating physical therapists and physical therapist assistants about the treatment of individuals with Parkinson's disease. The speaker will describe the 2022 Clinical Practice Guidelines (CPG) for Physical Therapy management of Parkinson's' disease (PD). The instructor will highlight common impairments and functional limitations of patients with Parkinson's disease. Discussion will focus on practical ways to incorporate the newest evidence to create effective treatment plans that maximize patient outcomes, while addressing issues such as freezing of gait, rigidity, bradykinesia, and fall risk. These CPG provide guidance to the clinician when selecting the most effective treatment interventions to address each patient's individual presentation. Interactive videos and case studies allow the participants to visualize both therapy applications and the varied types of equipment that are beneficial to this patient population. The instructor will discuss practical implementation tips for persons being treated in various clinical settings across the continuum of care. The importance of a multidisciplinary approach to the treatment plan of care and appropriate inter-professional referrals is emphasized. The presenter will delineate how to select the most appropriate outcome measurement tools, based on the patient's current stage of PD. The participant should leave this course with treatment ideas that they can begin implementing immediately in the clinic!

Objectives:

The participant will be able to:

- Describe the common presentation and impairments associated with Parkinson's Disease
- Describe the CPG for PD
- Using the PD CPG as a guide, identify appropriate treatment interventions for individuals with PD
- Describe evidence based techniques for treating the common impairments (i.e. freezing, festinating gait, rigidity, postural deviations) associated with Parkinson's Disease

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- Differentiate evidence based functional outcome tools that can be utilized with clients with Parkinson's Disease, based on PD stage
- Describe equipment/devices that could improve the functional mobility for persons with Parkinson's Disease
- Describe the roles of each interdisciplinary team member and describe indications for referral
- Given a case scenario, describe at least one new treatment idea you can use in each setting (rehab, home, outpatient)