

RELEARNING KINESIA TREATMENT FOR PARKINSON'S DISEASE AND RELATED MOVEMENT DISORDERS

Please select a date and location: MOBILE - April 24 NEW ORLEANS - April 25 BATON ROUGE - April 26



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5 or more**	\$169 ea.	\$189 ea.

*Registrations received 10 days prior to seminar date.
**Price per person when registering at the same time.

I am registering and would like to order an audio set for \$59 plus S&H \$8US/\$30CAN: audiotapes CDs

Relearning Kinesia Treatment for Parkinson's Disease and Related Movement Disorders #4012

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An essential one-day seminar on Parkinson's Disease and effective treatment for PTs, OTs, and other rehabilitation professionals

Relearning Kinesia Treatment for Parkinson's Disease and Related Movement Disorders

- ◆ Understand the pathophysiology of Parkinson's Disease and the underlying neurological basis
- ◆ Learn to identify the four cardinal symptoms of Parkinson's Disease
- ◆ Distinguish between Idiopathic Parkinson's Disease and Parkinson's Plus, and identify three implications of Atypical Parkinson's Disease
- ◆ Demonstrate treatment modalities for tremor, stooped posture, festinating gait, freezing; and two supine, prone, quadruped, sitting, and standing exercises
- ◆ Describe why stress reduction is important in Parkinson's Disease and two techniques

Mobile, AL - April 24

New Orleans, LA - April 25

Baton Rouge, LA - April 26



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Continuing education available for Occupational Therapists, Physical Therapists, Nurses and NHAs.

An essential one-day seminar on Parkinson's Disease and effective treatment for PTs, OTs, and other rehabilitation professionals

Relearning Kinesia Treatment for Parkinson's Disease and Related Movement Disorders

Movement Disorders Related to Parkinson's Disease

Parkinson's Disease is the number one neurological disorder of the day, second in number only to Alzheimer's Disease. One and a half million people in the United States have been diagnosed with Parkinson's Disease. With a steadily rising aging population and an increase in young adults (21 to 50) being diagnosed with Parkinson's, it is essential that health care providers become knowledgeable about Idiopathic Parkinson's Disease and understand how it differs from Parkinson's Plus or Atypical Parkinson's Disease

This one-day seminar will discuss and demonstrate "Relearning Kinesia Treatment" (RKT), which is a sensory-motor reactivation treatment for people with Parkinson's Disease. Utilizing state of the art techniques in a staged ontogenetic sequence to improve functional mobility and activities of daily living; endurance, depression, stress, and patient, caregiver, staff education are addressed. RKT was created to improve function, safety, and quality of life for people with Parkinson's Disease. Motor and non-motor symptoms, pathophysiology, medication and surgical options will be reviewed to give the participant a complete understanding of the Parkinson's patient. Attendees will learn practical and proven techniques to produce positive outcomes with their patients.

Course Director

DORIAN BROWN, MA, OTR/L, is a licensed Occupational Therapist and owner of Dorian Brown Occupational Therapy, LLC. She has worked with Parkinson's patients for over 30 years and has spent over 18 of those years as an Occupational Therapist. She began the first Parkinson's Support Group in Ohio in 1981 at Riverside Hospital in Toledo, Ohio. Due to the success of Ms. Brown's exercise and educational programs, the Riverside Parkinson's Support Group became a part of the educational curriculum at prominent nursing schools such as Toledo Hospital, Medical College of Ohio, and St. Vincent's Hospital. Her interest in Parkinson's drew Ms. Brown back to school to become an Occupational Therapist specializing in Parkinson's. In 1997 she created and patented *Relearning Kinesia Treatment (RKT)*, for both Occupational Therapists and Physical Therapists. She was voted the Outstanding Therapist in Southern Ohio and Northern Kentucky by Vencore, Inc. in 1998. A frequent presenter on educational television, at medical conferences, and in the community, Ms. Brown gained national recognition in 2002 when her Parkinson's treatment, RKT, was presented at the Neurological Conference in San Diego, California. In 2003, RKT was the subject of a documentary on Parkinson's disease produced by Gayna Bassin at Raymond Walters College. Ms. Brown has trained therapists to lead exercise groups based on RKT at various locations in the tri-state and has produced two videos entitled, *Moving Forward with Parkinson's Disease* and *Relearning Kinesia Treatment: The Ten Steps*. For more information on Dorian, visit www.dorianbrownparkinsons.com. To purchase *Relearning Kinesia Treatment: The Ten Steps*, visit www.CrossCountryEducation.com.

Audio Products

Audio products include a comprehensive CD recording (audiotape available on request) and companion course manual. If you are registered to attend this seminar, you may order a set of tapes/CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure, or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Products in stock will typically ship within 5-7 business days. Call for availability.

Best CEU speaker I've had. Very knowledgeable. Excellent treatment ideas.

Caitlin Card, OT
Kansas City, MO



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What You Will Learn

- ◆ Identify the four cardinal motor symptoms of Idiopathic Parkinson's Disease
- ◆ Distinguish Atypical Parkinson's Disease from Idiopathic Parkinson's Disease, and state three implications of Parkinson's Plus
- ◆ Discuss why the death of nerve cells that produce dopamine in the Substantia Nigra results in Parkinson's Disease
- ◆ Demonstrate a treatment to control freezing and tremor
- ◆ Define the importance of stress reduction in Parkinson's Disease and describe two techniques to reduce stress

COURSE CONTENT

IDIOPATHIC PARKINSON'S DISEASE

- ◆ The four cardinal symptoms
- ◆ Non-Motor symptoms
- ◆ Motor Symptoms
- ◆ Pathophysiology

ATYPICAL PARKINSON'S DISEASE

- ◆ Parkinson's Plus, Secondary Parkinson's Disease

SURGICAL OPTIONS

- ◆ Ablative
- ◆ Deep Brain Stimulation

EVALUATION

- ◆ United Parkinson's Disease Rating Scale (UPDRS): Hoehn and Yahr Stages
- ◆ Relearning Kinesia Treatment Evaluation
 - FIMS
 - motor function
 - goals
 - codes

RELEARNING KINESIA TREATMENT: THE TEN STEPS—DVD CASE REVIEW

- ◆ Dry Brushing: Tactile stimulation
- ◆ Joint Compression: Proprioceptive stimulation
- ◆ Deep Pressure: Tactile/proprioceptive stimulation, soft tissue constriction modality
- ◆ Prone and Supine exercises, Airplane Turning for Bed Mobility: Super-Pole benefits
- ◆ Quadruped exercises: Vestibular stimulation, Yoga for Parkinson's
- ◆ Therapy ball exercises, Sitting chair exercises (group treatment or 1 on 1)
- ◆ Standing exercises for Posture (static), Standing exercises for Balance (dynamic)
- ◆ Acronyms, Stepping gait, Arm swing, Assisted gait with U-Step RW, SAFFE transfer
- ◆ Transitional Movements: FW/BW/SW, Tandem, Diagonal/weight-shifting/lunge walking
- ◆ Dancing: Movement and Non-movement; Benefits for stepping gait
- ◆ Stress Reduction: How stress increases Parkinson's symptoms and impacts ADL and mobility

Dates & Locations

MOBILE - April 24, 2013

Renaissance Mobile Riverview Plaza Hotel
64 S Water St, Mobile, AL 36602 251-438-4000

NEW ORLEANS - April 25, 2013

Four Points New Orleans Airport
6401 Veterans Memorial Blvd, Metairie, LA 70003 504-885-5700

BATON ROUGE - April 26, 2013

Hilton Garden Inn Baton Rouge Airport
3330 Harding Blvd, Baton Rouge, LA 70807 225-357-6177

Course Hours


Registration begins at 7:30 a.m. The seminar **begins at 8:00 a.m.** and **concludes at 3:30 p.m.** Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

Who Should Attend

- ◆ Occupational Therapists
- ◆ Occupational Therapy Assistants
- ◆ Physical Therapists
- ◆ Physical Therapist Assistants
- ◆ Clinical Managers
- ◆ Clinical Director
- ◆ Skilled Nursing Clinical Staff
- ◆ Nurses
- ◆ Physicians
- ◆ Medical Facility Administrators
- ◆ Long-Term Care Administrators
- ◆ Assisted Living Clinical Staff
- ◆ Professionals working with patients who have Parkinson's



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What You Should Bring

All items are Optional

- ◆ Yoga mat
- ◆ Therapy ball
- ◆ Surgical scrub brush: soft, plastic (approx. 1"x 2")
- ◆ Bring a sweater or light jacket as the temperature may vary

Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the event are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

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Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.

Can't Come to Us? Let Us Come to You!

Choose the seminar topics, dates, and locations that suit your needs. Continuing education available for select professions.

For more information, visit www.CrossCountryEducation.com or contact Barbara Lewis at 1-888-683-4277.



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Relearning Kinesia Treatment

by Dorian Brown, MA, OTR/L

Relearning Kinesia Treatment THE TEN STEPS (RKT) is a 30 minute CD which demonstrates a ten-step treatment for people with Parkinson's, which is sequenced functionally and ontogenetically.

item # 4042

to order this and other items visit

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Continuing Education Credit

Nurses: Cross Country Education, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This course is offered for 6 contact hours.



Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

Occupational Therapists, Occupational Therapy Assistants:

Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 1: Domain of OT; 2: Occupational Therapy Process. Cross Country Education is an approved provider #50-466 with the Florida Department of Health Board of Occupational Therapy Practice. This course is approved for 6 contact hours for Occupational Therapist and Occupational Therapy Assistants.



NHAs: Cross Country Education is a Certified Sponsor of professional continuing education with the National Association of Long Term Care Administrator Boards (NAB) and has approved this program for the number of clock hours listed under their sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses. Cross Country Education is an approved provider with the Florida Board of Nursing Home Administrators Provider #50-466. This course is offered for 6 contact hours, CE Tracking # #20-382087.

Physical Therapists: This program has been submitted to the Alabama Board of Physical Therapy for 7.2 contact hours for PTs and PTAs. This program has been submitted to the Florida Physical Therapy Association for approval of 7 contact hours. This program has been approved by the Louisiana Physical Therapy Board for 6 clinical contact hours for Physical Therapists and Physical Therapy Assistants. This program has been approved by the Mississippi State Board of Physical Therapy for 6 clinical contact hours for Physical Therapists and Physical Therapist Assistants.

Other professions: This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

Our Guarantee

Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, professionals, and key personnel through our seminars, conferences, and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our live seminars or webinars, or purchase an audio, video, or online product, and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another live seminar, webinar, audio, video, or online product. All returned audio and video products and materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

I loved this seminar! Dorian was so good and made it fun. It is very obvious that she has OT in her heart! I have not enjoyed a seminar like this before!

Don Young, PTA, Bloomington, Illinois