**Course Title:** Putting Research into Practice: The essentials of quality exercise for PD and how PT clinics are using evidence to transform their treatment models.

**Course Speaker:** Nate Coomer, DPT, NCS

**Course Description:** This course will discuss the important role of Physical Therapy in the treatment of PD. We will look at the key aspects of exercise for PD including intensity, cognitive dual-tasking, amplitude training and task-specific exercise. We will discuss how these aspects can be incorporated into PT treatments and how clinics devoted to PD are shifting their models of care to provide more consistent guidance to patients. This course will also have a demonstration portion in which we will focus on interventions.

**Course Objectives:**
1. Participants will understand the current research supporting the use of Physical Therapy to slow the progression of Parkinson's Disease.
2. Participants will understand the 5 key aspects of exercise for PD.
3. Participants will understand how to utilize cognitive dual tasking including set-switching and inhibitive training to improve balance and decrease risk of falls in patients with PD.
4. Participants will understand the way in which PT clinics devoted to PD are developing new models to give more guidance and consistency with exercise.

**Content Level:** Beginner