Introduction to the Physical Therapy Course
Terry Ellis, PT, PhD, NCS

The Role of Physical Therapy in Parkinson's Care
Rose Wichmann, PT

Chapter 1
Overview of Parkinson’s Disease & the Role of Exercise and Neuroplasticity

Lesson 1 - Motor and Non-Motor Features (40 minutes)
Giselle Petzinger, MD

Lesson 2 - Medical and Surgical Management (55 minutes)
Sotirios Parashos, MD

Lesson 3 - Exercise and Neuroplasticity in Parkinson’s Disease (45 minutes)
Giselle Petzinger, MD

Chapter 2
Physical Therapy Models of Care and Assessment

Lesson 1 - The Role of Physical Therapy in Team Based Care (45 minutes)
Rose Wichmann, PT

Lesson 2 - Secondary Prevention Model (38 minutes)
Terry Ellis, PT, PhD, NCS

Lesson 3 - Evidenced Based Assessment: Recommended Outcome Measures (40 minutes)
Terry Ellis, PT, PhD, NCS

Lesson 4 - Strategies to Motivate and Promote Exercise and Physical Activity (30 minutes)
Gammon Earhart, PT, PhD

Lesson 5 - Wearable Sensors for Parkinson’s Disease Rehabilitation (35 minutes)
Fay Horak, PT, PhD

Chapter 3
Exercise: Evidence & Application

Lesson 1 - Aerobic Exercise: Does Intensity Matter? And is it Enough? (50 minutes)
Margaret Schenkman, PT, PhD, FAPTA
Lesson – 2 Targeting Muscle Force Production to Improve Movement & Function (40 minutes)
Lee Dibble, PT, PhD, ATC

Lesson 3 - Therapeutic Exercise: Clinical Application (40 minutes)
Heather Cianci, PT, MS, GCS

Lesson 4 - Functional Training: Optimizing Physical Mobility (40 minutes)
Heather Cianci, PT, MS, GCS

Chapter 4
Optimizing Gait, Balance & Dual Tasking
Lesson 1 - Improving Balance and Preventing Falls (55 minutes)
Fay Horak, PT, PhD

Lesson 2 - Gait Training: Addressing Quality and Quantity of Walking (30 minutes)
Gammon Earhart, PT, PhD

Lesson 3 - Fall Reduction & Practical Treatment Strategies for Gait and Balance (40 minutes)
Maria Walde-Douglas, PT

Lesson 4 - Dual Task Training: Rationale and Evidence (55 minutes)
Alice Nieuwboer, PT, PhD

Lesson 5 - Avenues for Rehabilitation of Freezing of Gait (55 minutes)
Alice Nieuwboer, PT, PhD

Lesson 6 - Freezing of Gait (40 minutes)
Heather Cianci, PT, MS, GCS

Chapter 5
Keeping the Body Moving in Late Stage Parkinson’s
Lesson 1 - Late Stage & Creative Ways to Keep the Body Moving (40 minutes)
JoEllyn Fox, DPT

Mobility Interventions - Case Study (30 minutes)
Debbie Hanka, PT

Chapter 6
Instruction and Support for Care Partners
Lesson 1 - Instruction and Support for Family Care Partners (30 minutes)
Rose Wichmann, PT