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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course # Course Title

Webinar Date

Name Discipline

Facility

Home Mailing Address

City State Zip

Daytime Phone Fax

E-mail Address for Confirmation (will not be shared or sold)

Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the webinar. After that time, a credit for a future Motivations event may be awarded.

Special Needs Requests: Please email us any special needs related to vision, hearing, accessibility or any other considerations to completing the course so we can assist in advance.

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WEBINAR

**#7427 Optimize Fall Prevention By
Implementing Targeted Neuroplasticity
Training in Older Adults**

**Instructor: Michel Janet Denes (Shelly). PT,
C/NDT, CFPS, CGCP**

Audience:

Physical Therapists and Occupational Therapists and
Assistants, Athletic Trainers, Nurses, Physician
Assistants, Rehab Nurses

Delivery Options:

Live Webinar or Self-Study Options

SUMMARY: Neuroplasticity and neuroprotection provide us with a brain that can adapt not only to changes inflicted by damage but allows adaptation to any and all experiences and changes we may encounter. With this understanding, we can intervene to help with balance, gait and reduce fall risk in our patients for improvements in safety, ADLs, and recreation. Proprioception is also an integral part of movement, somatosensory input, gait and balance that is impacted by aging and disease as well. We can intervene to help the somatosensory input to ultimately reduce their fall risk. The earlier we intervene, the better as demonstrated with the STEADI Initiative at the CDC. Course instruction methods include lecture, picture/graph, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: Michel Janet Denes (Shelly) Denes, PT, C/NDT, CFPS, CGCP is an expert in fall prevention and neuro-rehab with more than 25 years of experience treating patients with hemiplegia, neurological diseases, neuromuscular disorders, TBI, and SCI. She has a special interest in Long COVID, and sleep deprivation in rehab. She has been involved extensively with neuroprosthetic devices, lower extremity orthotics, and exoskeleton devices at the Rehab Institute of Michigan. Mrs. Denes travels nationally to present seminars on fall prevention, Long COVID and geriatric rehabilitation. Additionally, her expertise has been presented through expert witness work and consulting both nationally and locally. She also sits on the State of Michigan Fall Prevention Coalition committee. Shelly Denes is a graduate of University of Michigan's PT program, and she earned her certification in Neurodevelopmental Treatment for Adult Hemiplegia (NDT) in Chicago, Illinois. She helped create the certifications for 'Fall Prevention Specialist' and 'Geriatric Care Professional' with Evergreen Certifications, holds these two certifications and sits on their advisory board. *Financial*— Received a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Understand neuroplasticity and the major drivers of neuroplastic changes
2. Understand the science behind exercise and its impact on neuroplasticity and neuroprotection
3. Evaluate home-based risk factors and occupational hazards that contribute to falls and determine how these risk factors can be reduced
4. Understand the framework for postural control (somatosensory input) and its impact on reducing fall risk
5. Integrate the latest advances in fall prevention and the most up-to-date information from the CDC – STEADI Initiative into your practice for improved patient safety, ADLS, and recreational activities.

FORMAT: This is a 3 contact hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. Instructors present the live course content via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.



Motivations Inc. is an AOTA Approved Provider of professional development. PD activity approval ID# 11686. This Distance Learning-Interactive or Distance Learning-Independent activity is offered at 0.3 CEUs, Intermediate Level, Occupational Therapy Service Delivery/Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

AGENDA ON NEXT PAGE...

For course dates, times and registration, please visit: www.motivationsceu.com

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

- A. Multi-facet Approach To Fall Prevention (15 minutes)
 - 1. Targeting Neuroplasticity for Positive Changes to Fall Risk
 - 2. Present the CDC: STEADI Initiative
 - 3. Evaluation Tools including 'TUG'
- B. Intrinsic and Extrinsic Fall Risk Factors (15 minutes)
 - 1. Postural Control
 - 2. Vestibular System
 - 3. VOR
 - 4. Gaze Stabilizing Exercises
 - 5. Proprioception
 - 6. Interventions for Proprioception Loss
- C. Neuroplasticity (20 minutes)
 - 1. 10 principles
 - 2. BDNF (Brain Derived Neuro Factor) and Its importance
 - 3. Targeted Training for positive neuroplasticity
- D. Optimizing the Physical Environment for Bed Mobility and Transfers (5 minutes)
 - 1. Reduce Metal in the bathroom and other locations PRN
 - 2. Prioritizing Bed Exit Interventions
 - 3. Sliding Board Transfers
 - 4. Floor beds and Mats
- E. Appropriate Assistive Devices (5 minutes)
 - 1. Lofstrand crutches
 - 2. 2-Wheel Walkers
 - 3. NO 4-wheel Rollator Walkers
- F. The Science Behind Exercise (10 minutes)
 - 1. Neuroprotection
 - 2. Exercise RX Recommendations To Reduce Falls
 - 3. Strength Training
- G. Perturbation-Based Training (5 minutes)
 - 1. Promoting internally generated responses
 - 2. Safety first
 - 3. Training should be unpredictable
- H. Balance Strategies (10 minutes)
- I. Case Study (10 minutes)
- J. Other Interventions (15 minutes)
 - 1. "LSVT – Big Treatment"
 - 2. Rock Steady Boxing
 - 3. Virtual Reality drives neuroplasticity
 - 4. Balance Based Torso Weighting
- K. Questions and Answers (10 minutes)

Post-test: 30 Minutes Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain, review and save your auto-emailed certificate for your files.