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

Course #	Course Title	
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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 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

#7453 How Can Rehab Clinicians Manage Inflammation and Autoimmunity in RA, Multiple Sclerosis & Parkinson's Disease

Instructor:

Shelly Denes, PT, CFPS, C/NDT, CGCP

Audience: Physical Therapists, Occupational Therapists, and Assistants, Athletic Trainers, and related Healthcare professionals.

Delivery Options:

Live Webinar or Self-Study Options

SUMMARY: While rehab clinicians work with patients with inflammation, the presence of systemic inflammation is a very different and of unique importance. There is also a rise in autoimmune disorders, and a growing link with inflammation in furthering the importance of having a better understanding of the physiology of both.

You will gain insight into the interplay of inflammation, the immune system, and the autonomic nervous system. This seminar will emphasize the impact on mobility, pain, edema, endurance, fatigue, neuroplasticity, and more. We will investigate cytokines in COVID-19 and autoimmunity and inflammation in Rheumatoid Arthritis, Multiple Sclerosis and Parkinson's Disease.

Course instruction method includes: lecture, demonstration, videos, case studies, and question/answers.

PRESENTER: Shelly Denes, PT, CFPS, C/NDT, 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, autoimmunity and the impact of chronic inflammation in rehab. She has been involved extensively with neuroprosthetic devices, lower extremity orthotics, and exoskeleton devices at the Rehab Institute of Michigan. Ms. Denes travels nationally to present seminars on fall prevention and geriatric rehabilitation. Additionally, her expertise has been presented through expert witness work and consulting both nationally and locally. Ms. Denes is a graduate of University of Michigan's PT program, and she earned her certification in Neurodevelopmental Treatment for Adult Hemiplegia (NDT) at Shirley Ryan Ability Center in Chicago, Illinois. She helped create the certifications for 'Fall Prevention Specialist' and a 'Geriatric Care Professional' with Evergreen Certifications and sits on their advisory board. *Financial*— Receives 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 cytokines and how they impact on inflammation, immunity in adults
2. Understand the principles and application of neuroplasticity
3. Determine key interventions to reduce stress, sleep deprivation, dehydration, fatigue
4. Appraise, accommodate, and treat rehabilitation challenges such as brain fog, tachycardia, POTS, and immune system challenges to improve client participation in activities and treatment

FORMAT: This is a 3-hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. **For Live** courses, the content is presented 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. **For Recorded** courses, learners will not be able to participate in real time with questions.

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. Course approval ID# 07610. 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 CEU's does not imply endorsement of specific course content, products, or clinical procedures.

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. Inflammation & The Activation of the Immune System (10 minutes)
- B. Understanding Cytokines and The Cytokine Storm (5 minutes)
- C. Exercise and Cytokines (5 minutes)
- D. Other Immune Changes Like POTS (Postural Orthostatic Tachycardia Syndrome) (10 minutes)
- E. The Autonomic Nervous System (5 minutes)
- F. The Link between Autoimmunity and Women (5 minutes)
- G. Addressing These issues (15 minutes)
 - a. Nasal Breathing
 - b. Treat the Vagus Nerve
 - c. Proning
 - d. Calming Anxiety and Reducing Stress
 - e. Mindfulness
 - f. Maintaining a Healthy Circadian Rhythm
- H. Rehab Challenges like Fatigue (5 minutes)
- I. Using the Principles of Neuroplasticity (5 minutes)
- J. Rehab Implications for:
 - a. Rheumatoid Arthritis (15 minutes)
 - b. Multiple Sclerosis (15 minutes)
 - c. Parkinson's Disease (15 minutes)
- K. Questions and Answer Session (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 and save your auto-emailed certificate for your files.