In recent years, research has demonstrated the beneficial effects of exercise for people with Parkinson’s disease (PD). Exercise is favorable for the physical functioning, strength, balance, walking speed and health-related quality of life of people with PD. This workshop is designed to prepare health and fitness professionals to provide safe, high-quality group and individual exercise programming for people at all stages of PD. The primary goal is to ensure continuity of care between physicians, therapists and community exercise providers to facilitate improved outcomes for people with Parkinson’s disease. The workshop was designed by a top exercise researcher, who is also a certified ACE personal trainer, and two highly trained physical therapists with extensive experience working with people with PD. Didactic instruction will be paired with hands-on exercise experiences to ensure that participants are well prepared to work with populations with special needs.

Course Objectives:

1. Students will be able to describe how sensory, motor and cognitive symptoms impact walking, balance, flexibility, strength and function in people with PD.

2. Students will be able to explain the physical and emotional benefits of exercise for people with PD.

3. Students will be able to develop an individual and/or group exercise plan that is safe and addresses specific impairments found in people with PD.

Saturday Schedule

7:30-8:00  Registration
8:00-8:15  Introductions
8:15-9:45  Lecture: PD Overview
9:45-10:00 Break
10:00-11:00 Lecture: Exercise Models
11:00-12:00 Practicum: Demo Class
12:00-1:00 Lunch (on your own)
1:00-2:30 Practicum: Impairment Specific Exercises
2:30-2:45 Break
2:45-4:00 Practicum: Exercise Progressions
4:00-4:30 Lecture: Nutrition for PD
4:30-5:00 Lecture: Community Resources

Sunday Schedule

8:00-9:00  Lecture: Safe, Effective Classes
9:00-10:15 Practicum: Circuit Classes
10:15-10:30 Break
10:30-12:00 Practicum: Teach Exercises
12:00-1:00 Post-course exam
Course Instructor

Madeleine E. Hackney, Ph.D., Certified ACE personal trainer; Assistant Professor, Emory University School of Medicine; Research Health Scientist, Atlanta VA Rehabilitation R&D Center of Excellence

Dr. Madeleine E. Hackney, Ph.D holds a BFA in Dance from New York University, Tisch School of the Arts, and a Ph.D. in Movement Science from Washington University in St. Louis. Dr. Hackney had a successful professional dance career and taught fitness, Pilates, yoga and dance classes before graduate school. Her doctoral work characterized the effects of gender, attention, disease and unfamiliar skills on locomotion by examining backward and dual task gait to gain insight into which tasks need the most rehabilitative emphasis. She also began inquiry into the analysis of challenging exercise programs: traditional exercise, Tai Chi and partnered dance & tango classes, designed to improve physical function and quality of life in people with Parkinson's disease (PD), older adults and those with serious mental illness. Currently, Dr. Hackney aims to determine the characteristics of physical rehabilitative strategies, in terms of movement pattern and timing, dosage, duration, and intensity to enhance balance, mobility and quality of life and reducing fall risk for older adults with low vision as well as those with PD. Her research has received media coverage in the New York Times, Scientific American, the Atlanta Journal Constitution, National Public Radio and in Musicophilia, by Oliver Sachs. Dr. Hackney has presented her work about exercise for those with PD at international meetings, such as the Movement Disorders Society, the International Society for Posture and Gait Research, the Society for Neuroscience, the American Congress of Rehabilitation Medicine- American Society of Neurorehabilitation Joint Educational Conference and the Gerontological Society of America.

For more information contact Tricia Creel at 678-951-3361 or thcreel@gmail.com

This course is proudly sponsored by Lenbrook, Atlanta's only continuing care retirement community to earn national accreditation by CARF-CCAC.

About Us

MDT Education Solutions, LLC is an Atlanta-based company formed in 2014 to provide education opportunities that will expand access to quality exercise options for people with Parkinson's disease (PD). The founders are passionate about providing hope and inspiration to people living with PD by equipping them to take control of the disease progression. They are committed to helping as many people as possible access exercise as an important tool for managing disease progression.

“You made the training fun, interactive and personal. You shared your experiences in a way I could understand. You each have a supportive nature and made me feel I could approach you and ask questions.”

- Course participant