

# Robyn Otty - Piecing Together the Parkinson's Puzzle - Maximizing Function & Improving Intervention

Faculty:

Robyn Otty

Duration:

4 Hours 55 Minutes

Format:

Audio and Video

Copyright:

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Description

Treating the unpredictable neurological progression that is Parkinson's disease (PD) can seem random, complex, and overall difficult to manage. PD presents a host of challenges, such as changes in motor control and posture, onset of tremors, inability to initiate purposeful movement, and the mimicking of the disease from prescription drugs. Therapists have addressed such complications with traditional techniques such as movement-based approaches and compensatory strategies. However, there's been an influx of evidence related to PD interventions showing effective methods and tools used by rehab professionals.

Let seasoned OTD, Robyn Otty, show you how cognitive rehabilitation, movement-based and non-traditional interventions fit together to influence a client's posture, dynamic balance, initial movement, and ADLs. Review the most up-to-date literature and medical management to form successful outcomes with this population that can be used the very next day.

## Handouts

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|------------------------------------------------------------|-------------|-----------------------------|
| Manual – Piecing Together the Parkinson's Puzzle (3.10 MB) | 77<br>Pages | Available after<br>Purchase |
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## Outline

### **PARKINSON'S DISEASE OVERVIEW**

- Latest research
- Etiology (genetics and environmental influences)
- Medical management

- Postural influence and associated fall risk
- Motor complications

## **EVIDENCE-SUPPORTED ASSESSMENT TOOLS & EFFECTIVE DOCUMENTATION**

- Assessment tools for:
  - Quality of movement
  - Posture
  - Falls
- Mini-rotation
- Best-practice documentation strategies for skilled intervention

## **THERAPEUTIC APPROACHES: TRADITIONAL AND NON-TRADITIONAL**

- Improving dynamic balance, posture, ADLs, and initiation of movement
- Movement-based interventions
  - Evidence-supported movement-based programs
- Cognitive approach to improve dynamic balance and ADLs
- External cuing
- Non-traditional interventions
  - Tai Chi
  - Yoga
  - Video games
  - Dance
  - Visualization

## **COMMUNITY OPTIONS**

- Options to support clients and caregivers impacted by PD

## **HANDS-ON LAB**

- Interactive Class Rotation: Session I
  - Tai Chi/Yoga
  - Adaptive equipment
  - Cognitive rehabilitation techniques
  - Tools for assessment
- Interactive Class Rotation: Session II
  - Task-based approach
  - Movement-based approaches
  - Documentation station (case application)

Faculty

## Robyn Otty, OTD, MEd, OTR/L, BCPR Related seminars and products:

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**Robyn Otty, OTD, MEd, OTR/L, BCPR**, is the interim program director and associate professor at Touro University Nevada's College Health and Human Services, School of Occupational Therapy. As a practicing clinician for 24 years, and ten years as a professional educator, she possesses a wealth of physical rehabilitation experience within multiple areas of practice.

She received her Board Certification in Physical Rehabilitation in 2012 from AOTA, clinical doctorate (OTD) from Loma Linda University in 2010, Master of Education for Touro University Nevada in 2007, and Bachelor of Science degree in Occupational Therapy from San Jose State in 1994. Current research interests include using evidence-supported cognitive approaches to improve motor control for adolescents diagnosed with high functioning autism spectrum disorder.

#### Speaker Disclosures:

**Financial:** Robyn Otty is an associate professor at Touro University Nevada; and assistant professor at Maryville University. She receives a speaking honorarium from PESI, Inc.

**Non-financial:** Robyn Otty is a member of the American Occupational Therapy Association; and the Occupational Therapy Association of California.

## Proof Content

|                                                                                                                                                                                |                                                                                           |        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------|
|  Handouts                                                                                   |  ... | 3.1 MB |
|  0. Info.txt                                                                                |  ... | < 1 KB |
|  1. Piecing Together the Parkinson's Puzzle. Maximizing Function Improving Intervention.mp4 |  ... | 2 GB   |
| 2 files and 1 folder                                                                                                                                                           |                                                                                           | 2 GB   |