



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

5 in 50

5 out-of-the-box ideas in 50 minutes

SMALL STEPS. GIANT STRIDES.

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Adapting Leisure: RAGBRAI

Kenzie Wyble, CTRS
Christa Freeman, CTRS, CBIS


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How it Started

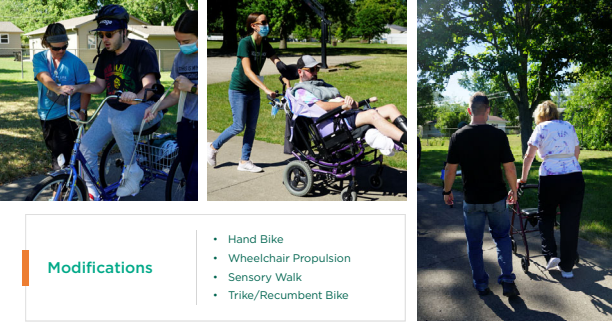


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Modifications

- Hand Bike
- Wheelchair Propulsion
- Sensory Walk
- Trike/Recumbent Bike

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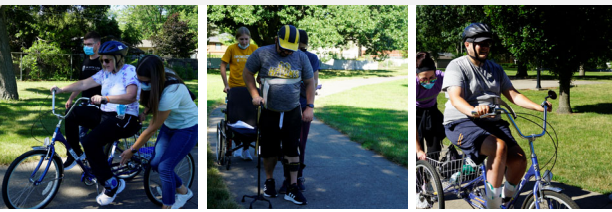


How it Ended

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The "Why"

- Anything can be adapted
- Exploring new leisure interests
- Working together can be motivating

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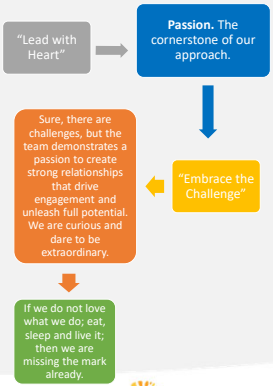
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Iowa State Fair Outing 2022


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Our Approach with **Passion** to Challenges



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Our **People First** Approach to Challenges




People First



"Big Ideas, Big Solutions"
We do things differently; look for opportunities to innovate and create change.



"Stop, Collaborate and Listen" Understand the needs of the community and those we serve; and be open to new ideas.

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Collaborating with our Glenwood and Ankeny teams helped us to overcome three of the four perceived challenges.

- How do we address the time up in their wheelchair without repositioning?
- How can we deliver a nutritional meal safely while away from campus for 12 hours?
- How can we meet the toileting needs of our persons served with out special lifts or additional hands?
 - Urinal and condom catheters also aided
- By using Ankeny as our satellite campus, we were able to get everyone off the bus and out of their chairs for toileting and ADL needs during a lunch break.

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Our **Person-Centered** Approach

"You First. We insist." The therapists, coordinator, and nurse all had to set aside their individual needs and desires to make this possible.

The organization also had to set aside their needs and resources of the facility for a day to make this possible.

* By allowing us to use another vehicle and more hands, we were able to accommodate the needs of our persons, making this experience possible.

"By Families, For Families." One of our individuals was hoping to return to his previous community and spend this time with friends and family. We were happy to help that happen!

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Our Approach with Pride

“Raise the Bar? What do you think of as very possible, or just call impossible?”

- 80’ slip and slide
- Cross-bow and rifle shooting
- Kayaking down a river

“Few can do what we do.” The fair trip had never been done, and the only questions we as therapist could ask was “Why not?”

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How do you see value?

- The commitments made by On With Life to allow this trip to happen were HIGH.
- 6 staff for 12 hours (1 nurse, 4 TR Specialist, 1 Therapy Coordinator)
- 2 more staff assisting in Ankeny
- Two vehicles + gas
- Admission for 10
- Meals

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Can you put a price on...

- Making dreams come true
- Reuniting friends and family after a long period of social distancing
- Eating your first: foot long pickle and cream cheese rapped corn-dog, giant smoked turkey leg, fried twinkly on a stick, or a bucket of soft and chewy cookies
- Your fist time seeing a life-size butter cow, Pee-Wee the 1300# pig, or Albert the 3,042# bull.

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Objectives

- Identify the importance of movement in the treatment of Parkinson's Disease
- Discuss ways to support Persons with Parkinson's Disease beyond traditional therapy

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Why Alternative Therapy

Supplements more traditional treatment models	Conventional medicine may not account for all symptom management	Taking control of one's health
Allows for both alone and group options	Can be relaxing or include stress management	Enhances quality of life
May benefit care partners	Benefits motor and non-motor symptoms	Addresses specific needs and areas of interest

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Alternative Therapy Options

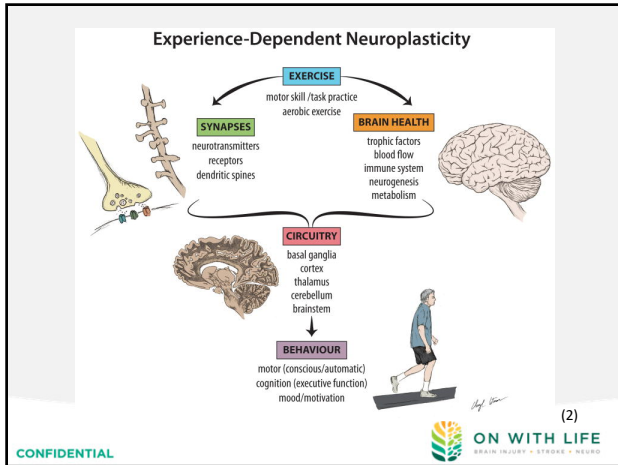
Physical	Manual	Other
<ul style="list-style-type: none"> • Cycling • Boxing • Yoga • Tai Chi • Dance • Singing • Art • Pilates 	<ul style="list-style-type: none"> • Massage • Acupuncture • Chiropractic • Reflexology 	<ul style="list-style-type: none"> • Guided Imagery • Meditation • Hypnosis • Biofeedback • Aromatherapy • Supplements • Energy Therapy

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“Exercise is hands down the best alternative therapy for patients with Parkinson’s disease.” (4)

“...out of every type of complementary therapy, exercise has consistently shown in clinical trials to reduce symptoms and improve quality of life.” (1)

Q: What type of exercise is best?
A: the kind you’ll do!

“Exercise needs to move from a recommendation to a prescription for people with Parkinson’s.”

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Cycling

Benefits:

- Up to 35% reduction in motor symptoms
- ↑ mood, aerobic capacity, cognitive function
- ↓ tremor, bradykinesia, rigidity, UPDRS score

Considerations:

- Forced exercise, pace, intensity
- Safety

Resources:

- Pedaling for Parkinson’s
 - <https://www.pedalingforparkinsons.org/>

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Boxing



Benefits:

- ↑ coordination, endurance, agility, speed of movement, strength, social connection, dual task
- ↓ rigidity, freezing

Considerations:

- Limited research at this time
- Safety/modifications

Resources:

- Rock Steady Boxing
 - <https://rocksteadyboxing.org/find-a-class/>
- Parkinsonfoundation.org
 - Online boxing and wellness classes
- One-on-one with therapist or personal trainer



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Yoga



Benefits:


- ↑ breath control, balance, flexibility, relaxation
- ↓ tremor, rigidity, anxiety


Considerations:

- Positioning/modifications
- Use of music or voicing

Resources:

- APDA virtual yoga classes
 - <https://www.apdaparkinson.org/?s=yoga>
- Yoga for PD YouTube channel
 - <https://www.youtube.com/playlist?list=PLUa0e8pIimINFXMaccvW7zm3Un65a6lr5>
- Local wellness centers

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Tai Chi



Benefits:

- ↑ flexibility, muscle strength, digestion, gait speed and stride length, emotional well-being, standardized outcomes⁽⁵⁾
- ↓ dyskinesia, stress, postural instability, blood pressure

Considerations:

- More beneficial at earlier stages

Resources:

- <https://www.taoisttaichi.org/taoist-tai-chi-arts-and-parkinsons-disease/>
- <https://parkinsonfoundation.org/tai-chi-for-parkinsons-with-instructor-kim-brooks>
- Local wellness centers

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Art, Music, Dance

Benefits:

- Physical, cognitive, emotional, communicative, expression
- ↑ brain stimulation, use of different areas of the brain, visual/cognitive function, dexterity, mood, speech, processing, connection
- ↓ stress, isolation, depression

Considerations:

- New learning increases neuroplasticity

Resources:

- Community choirs, symphonies
- Wellness center dance and movement groups
- ParkinSingers
- ISU: <https://kin.hs.iastate.edu/outreach/outreach-programs/music-therapy-for-persons-with-parkinsons-disease/>



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Additional Resources

- Power for Parkinson's: online and virtual classes
 - <https://www.powerforparkinsons.org/youtube>
- Brian Grant Foundation
 - <https://briangrant.org/>
- PD Active
 - <https://pdactive.org/>
- Davis Phinney Foundation
 - <https://davisphinneyfoundation.org/>
- American Parkinson's Disease Association
 - <https://www.apdaparkinson.org/>
- Michael J. Fox Foundation
 - <https://www.michaelfox.org/parkinsons-awareness-month?smcid=ap-a1b1R00000A1P99>

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Mindfulness in Delayed
Recovery Concussion

Joanna Judd, MA, CCC-SLP, CBIS

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Disclosures

The presenter is a salaried employee of On With Life.

The presenter has no other financial disclosures or non-financial disclosures.

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Objectives

1. Provide overview of delayed recovery concussion and the autonomic nervous system.
2. Review autonomic nervous system dysfunction in delayed recovery concussion.
3. Review mindfulness practice in delayed recovery concussion populations.

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Delayed Recovery Concussion

- A concussion is a bump, jolt, or blow to the brain
- Concussion symptoms include (but are not limited to): headache, light sensitivity, noise sensitivity, dizziness, nausea, brain fog, fatigue
- Symptoms resolve in 2-4 weeks for 85-90% of individuals who have sustained a concussion (acute concussion)
- Delayed recovery concussion: symptoms persist beyond the 4-week window (10-15% of individuals)

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The Nervous System

- Two branches: Central nervous system (Brain and spinal cord) and Peripheral nervous system
- Peripheral nervous system has two branches: the somatic nervous system and autonomic nervous system
- Autonomic nervous system: connects the brain to most of our major organs
 - Sympathetic nervous system: fight-flight-freeze-fawn
 - Parasympathetic nervous system: rest-digest-sex

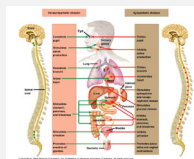
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Autonomic Nervous System

- Sympathetic Nervous System (SNS)- Fight-Flight-Freeze-Fawn
 - Freeze- Avoiding activity, going through the motions, appearing stuck
 - Fawn- Please/appease/pacify the threat to keep self from harm
- Parasympathetic Nervous System- (PNS)- Rest-Digest-Sex
- Teeter totter/seesaw analogy- both systems cannot be activated at the same time



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Mindfulness

- Being aware in the present moment
- Noticing thoughts, feelings, physical sensations, and environment without making judgments about them
- Virtual Hope Box
 - Deep breathing
 - Progress muscle relaxation
 - Guided meditation



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Questions?

Joanna Judd - Speech-Language Pathologist
Joanna.judd@onwithlife.org

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No equipment, no problem

Hope Yates, PT, DPT, CBIS, CSRS

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Objective

Expand your toolbox and gain the confidence to facilitate thoughtful, bare-bones therapeutic opportunities in any environment.

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Body weight supported treadmill vs overground gait training for acute stroke gait reha

Lura, Derek J¹, Venglar, Mollie C², van Dulijn, Arle J³, Caavina, Kristin

The economic cost of robotic rehabilitation for adult stroke patients: a systematic review

Li, Kenneth^{1,2}, Stephenson, Matthew¹, Lockwood, Craig¹


Repetitive practice is required for motor learning.

Powered robotic exoskeleton stroke rehabilitation of gait: review

Clara Selva¹, Gaëtan Stocquart², Thierry Lejeune²

Dennis R. Louie^{1,3} and Janice J. Eng^{1,4*}

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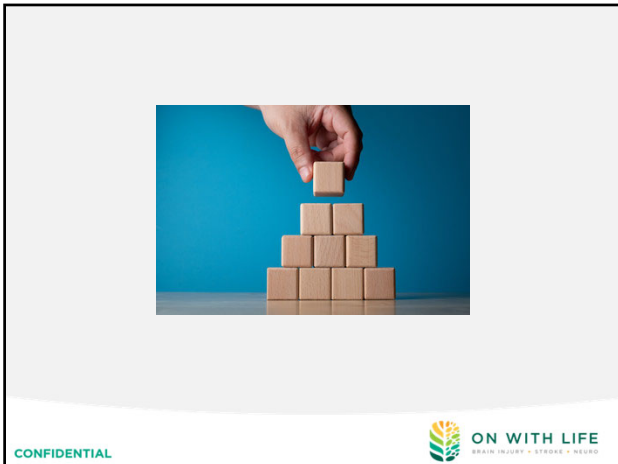


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Tools

- Grocery bag
- Backpack
- Suitcase
- Laundry basket
- Books
- Pillow/Couch cushion
- Paper plate/Baking sheet
- Broom/Swiffer
- Bed sheets/Towels

Weight (lbs)	Item
1	Can of vegetables, Bottle of water
2	Bag of rice
5	Bag of flour
8-9	Gallon of water/milk

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"It's not where you take things from—it's where you take them to."
Jean-Luc Godard

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Purpose Statement

Rehabilitation is a life-long and evolving journey. To leave the largest impact on those we serve, we must equip them with the education and critical thinking skills to continue challenging themselves and achieving optimum results in the clinic, the home, and within the community.

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