



Karl Sterling

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Neuropsychomotor Rehabilitation: An integrative and fitness-based approach to improving movement

While Parkinson's Disease and other movement disorders can be debilitating, there is plenty of compelling data to show that exercise is one of the best ways of managing symptoms. Studies show that regular exercise can improve gait, posture, balance, stability, strength, and motor control. A strategic, individualized exercise program combined with neuropsychomotor training (cognitive training) helps to reduce falls, injuries, and other complications associated with various movement disorders. Best of all, this training helps all people towards realizing improvements in overall mobility, movement, and performance.

Speaker Biography

Karl Sterling is a Human Movement Specialist, NASM Master trainer, and Neurorehabilitation Educator based in New York. While his extensive experience as a trainer includes working with a variety of populations, he primarily specializes in working with clients who have movement disorders. He travels extensively throughout the world as an educator in the fitness training and human movement arena. He is the founder and CEO of PhysioChains Education which currently offers Parkinson's Regeneration training and Neurorehabilitation training courses worldwide.

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