

Central Nervous System and Therapeutics

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Neuropsychomotor training: A fitness based approach to Brain and Nervous System Rehabilitation

While Parkinson's Disease (PD), Epilepsy, Multiple Sclerosis (MS), and other neurological disorders can be debilitating, there is plenty of compelling data to show that exercise is one of the best ways to manage disease symptoms. Studies show that regular exercise can improve gait, grip, balance, stability, strength, cognitive function, and motor control. In addition, this improvement in movement and mobility helps to reduce falls, injuries, and other various complications in those affected by neurological disorders. While traditional forms of exercise can be helpful, implementation of a few simple extra strategies will help to realize significantly greater benefits in managing disease symptoms. Neuropsychomotor training sees the body as a whole unit made up of many systems. When one system is compromised, other systems will fall short of realizing optimal functionality. A holistic approach to exercise will optimize benefits, results, and improve effectiveness in managing disease symptoms. Highlights of neuropsychomotor training include: waking up the nervous system and brain prior to exercise. This causes immediate improvements in balance, movement, mobility, and stability. Other strategies include: visual,

vestibular, and nervous system assessments and resets prior to exercise, all of which enhance exercise benefits and help to more effectively manage disease symptoms. In addition, research shows that various forms of cognitive exercise during focused movement help to develop new neural firing pathways in the brain which helps to improve dual-tasking abilities and reduce fall risk.

Speaker Biography

Karl Sterling is a neurorehabilitation specialist based in Syracuse, New York and is the creator of the Parkinson's Regeneration Training[®] education program. 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 such as Parkinson's disease, MSA (Multiple System Atrophy), MS, Charcot-Marie-Tooth, Alzheimer's, Epilepsy, Autism, and more. He travels extensively throughout the United States and internationally as public speaker, keynote speaker, and educator in the movement disorder, human movement, and personal growth arenas. He is the Chief Operating Officer of Agile Human Performance, Inc and owner/CEO of PhysioChains LLC which currently offers Parkinson's Regeneration Training[®] courses worldwide.

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