

16TH International Symposium on Gait & Balance in Multiple Sclerosis



Saturday, April 17, 2027



Physical Therapy
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

The Impact of Aging on Mobility

7:30 Check-in/ Registration

8:15 Welcome and Introduction

Mark Mañago, PT, PhD, *University of Colorado Anschutz Medical Campus, Aurora, CO*

MULTISYSTEM IMPACT OF AGING IN MS

8:30 Aging Across the MS Lifespan (Keynote)

Jennifer Graves, MD, PhD, MAS, *University of California San Diego, San Diego, CA*

9:15 Implications of MS and Aging on Neuromuscular Function and Mobility

Lars Hvid, PhD, *Aarhus University, Aarhus, Denmark*

10:00 Break

10:15 Frailty and Aging in MS

Tobia Zanotto, PhD, *University of Kansas Medical Center, Kansas City, KS*

Morning Panel

10:55 Marcia Finlayson, PhD, OT, *Queen's University, Kingston, Ontario, CA*

11:45 Top Trainee Abstract Presentation

TBD

12:00 Poster Session/ Lunch/ Networking

AGING IN WOMEN WITH MS

1:30 The Impact of Reproductive Stages of Life on Mobility in Women with MS

Kristin Johnson, PT, PhD *Colorado State University, Fort Collins, CO*

2:00 Aging in Balance: A Roadmap for Women with MS

Riley Bove, MD, MSc, *University of California San Francisco, San Francisco, CA*

2:30 Break

BRAIN AGING AND MOBILITY IN MS

2:45 Systemic and Brain Aging: Insights into Mobility and Balance in People with MS

Patrick Monaghan, PhD, *Wayne State University, Detroit, MI*

3:15 Brain Control of Mobility in Aging and Neurological Disease Populations: Theoretical Framework Findings and Clinical Implications

Roe Holtzer, PhD, *State University of New York at Binghamton, Binghamton, NY*

3:45 Afternoon Panel

Marcia Finlayson, PhD, OT, *Queen's University, Kingston, Ontario, CA*

4:15 Wrap up

Nora Fritz, PT, PhD, *Wayne State University, Detroit, MI*

Anschutz Health Science Building
1890 N Revere Ct, Aurora, CO 80045
All times Mountain (Denver)

14th International Symposium on Gait and Balance in Multiple Sclerosis



**Saturday
May 3, 2025**



Physical Therapy Program
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

The Interaction of Sleep & Function

7:30 a.m. Check-in/ Registration/ Breakfast

8:00 a.m. Welcome and Introduction

Mark Mañago, PT, PhD, University of Colorado Anschutz Medical Campus, Aurora, CO

KEYNOTE LECTURES: THE SCIENCE OF SLEEP

8:15 a.m. Why Sleep is Impaired in People with MS

Amy Amara, MD, PhD, University of Colorado Anschutz Medical Campus, Aurora, CO

9:00 a.m. Why Sleep is a Problem for Function in MS

Catherine (Katie) Siengsukon, PT, PhD, University of Kansas Medical Center, Kansas City, KS

9:40 a.m. Q&A with Drs. Amara and Siengsukon

10:00 a.m. BREAK

INTERACTION OF FATIGUE, EXERCISE, AND SLEEP

10:15 a.m. The Impact of Sleep and Fatigue in MS

Abbey Hughes, PhD, Johns Hopkins School of Medicine, Baltimore, MD

10:55 a.m. The Impact of Sleep on Plasticity and Re-Learning

Michelle Ploughman, PT, PhD, Memorial University of Newfoundland, St. John's NL, Canada

11:35 a.m. Q&A with Drs. Hughes and Ploughman

11:50 a.m. Panel Discussion with Morning Panelists on Outcomes for Sleep

12:10 p.m. Lunch/Networking/ Poster Session

2:00 p.m. Trainee Award Winning Presentation

TBD, TBD

INTERVENTIONS TO ADDRESS SLEEP AND IMPROVE MOBILITY

2:15 p.m. Relationships of Restless Leg Syndrome with Sleep Symptom Management In MS

Katie Cederberg, PhD, CPT, Stanford University School of Medicine, Palo Alto, CA

2:45p.m. The Effects of Cannabinoids on Sleep

Tiffany Braley, MD, University of Michigan, Ann Arbor, MI

3:15 p.m. Insomnia and Cognitive Behavioral Therapy in MS

Meghan Beier, PhD, Johns Hopkins School of Medicine, Baltimore, MD

3:45 p.m. Full Panel Discussion on Interventions for Sleep

Kathy Zackowski, PhD, OTR National MS Society

4:30 p.m. Wrap-Up

Nora Fritz, PT, PhD, Wayne State University, Detroit, MI



13th International Symposium on Gait and Balance in MS
Virtual Interactive Journal Club and Data Blitz
April 20, 2024, 9am-11am MST (4-6pm GMT)

Join us on Zoom: <https://ucdenver.zoom.us/j/96678714691>

9:00-9:05 a.m. Welcome and Introduction

Mark Mañago, PT, PhD, University of Colorado Anschutz Medical Campus, Aurora, CO, USA

9:05-9:25 a.m. Lessons Learned from the COGEx Trial

Anthony Feinstein, PhD, Sunnybrook Health Sciences Centre, Toronto, ON, Canada

Amber Salter, PhD, University of Texas Southwestern Medical Center, Dallas, TX, USA

9:25-9:55 a.m. Moderated Discussion and Q&A with Drs. Feinstein and Salter

Kathy Zackowski, PhD, OTR, National MS Society, New York, NY, USA

Gary Cutter, PhD, University of Alabama Birmingham, Birmingham, AL, USA

9:55-10:00 a.m. Break

10:00-10:05 a.m. Abstract Data Blitz Introduction

Nora Fritz, PT, PhD, Wayne State University, Detroit, MI, USA

10:05-10:20 a.m. Group 1 Abstract Presentations and Q&A: Trainee Award Winners

Gianluca Florio, University of Hasselt, Belgium

Overground walking improvements in a person with secondary progressive multiple sclerosis after Alter-G antigravity treadmill training

Michael VanNostrand, PhD, Wayne State University, Detroit, MI, USA

Examination of proprioceptive reliance during backward walking in individuals with multiple sclerosis

10:20-10:35 a.m. Group 2 Abstract Presentations and Q&A

Ludovico Pedullà, PhD, Italian Multiple Sclerosis Foundation, Genoa, Italy

Rehabilitation including walking aid training with real-time feedback can induce motor and neural changes in people with multiple sclerosis

Elisa Gervasoni, PhD, IRCCS Fondazione Don Carlo Gnocchi, Milan, Italy

Neural cortical activation during upright posture in people with Multiple Sclerosis: a cross-sectional fNIRS study

10:35-10:55 a.m. Group 3 Abstract Presentations and Q&A

Ilana Winawer, University of California San Francisco, San Francisco, CA, USA

Low Referral Rates for Pelvic Floor Physical Therapy in MS Patients with Bladder Dysfunction: An Opportunity to Close the Gap

Jip Aarts, Leiden University, The Netherlands

Combining Exercise and Cognitive Training to Postpone Cognitive Decline in People with Multiple Sclerosis: Part of the Don't be late! Study Protocol

Tobia Zanotto, PhD, University of Kansas Medical Center, Kansas City, KS, USA

Multimodal Exercise Training to Reduce Frailty in People with Multiple Sclerosis: Study Protocol for a Pilot Randomized Controlled Trial

10:55-11:00 a.m. Wrap-up

All times US Mountain Standard time