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

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 multiple sclerosis and aging on neuromuscular function and mobility** (Keynote)
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

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

11:40 **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 **Menopause in MS and Impact on Physical Activity**
Riley Bove, MD, 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 Multiple Sclerosis**
Patrick Monaghan, PhD, Colorado State University, Fort Collins, CO

3:15 **Brain Control of Mobility in Aging and Neurological Disease Populations: Theoretical Framework Findings and Clinical Implications**
Roee Holtzer, PhD, Yeshiva University and Albert Einstein College of Medicine, NY,, NY

3:45 **Afternoon Panel**

4:15 **Wrap up**
Nora Fritz, PT, PhD, Wayne State University, Detroit, MI

Krugman Conference Hall
Research 2 Building, 12700 E. 19th Ave, 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