

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*