

XVIII GAIT AND BRAIN SEMINAR SERIES

Joined COGNITIVE VITALITY & BRAIN HEALTH rounds



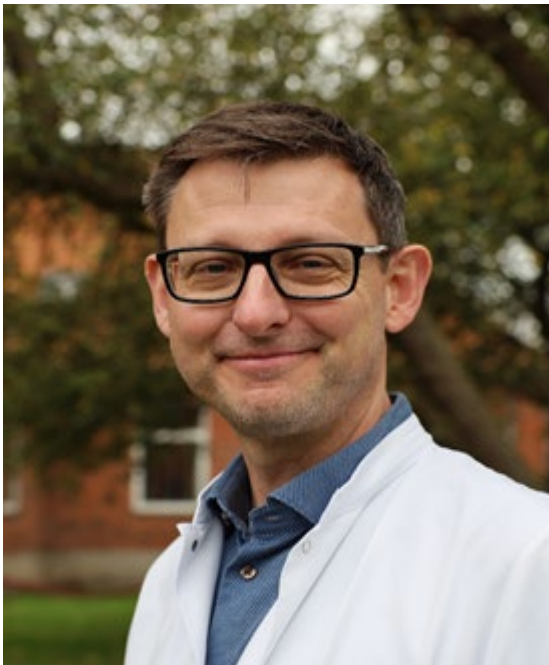
Tuesday, October 22nd, 2024

St. Joseph's Parkwood Institute
Room F2-235, Mental Health Care Building Auditorium

“Perturbation and gait adaptability training: promising modalities to prevent falls?”

Guest Speaker:

**Jesper Ryg MD, PhD, Professor and Consultant
University of Southern Denmark**



Jesper Ryg is a Professor of Medicine and holds MD and PhD degrees. Currently, he serves as a Consultant and Professor of Geriatric Medicine at Odense University Hospital, Denmark and University of Southern Denmark. He has authored over 150 peer-reviewed publications and 150 scientific conference abstracts. His clinical and epidemiological research focuses on prevalent geriatric issues such as falls and fractures, osteoporosis, deprescribing, frailty, cancer, polypharmacy, and end-of-life care.

He is globally recognized as a top expert in the field of falls (top 0.23%) and is ranked in the top 2% of scientists by Stanford report. Additionally, he has been involved in grants and projects receiving a total of 12.5 million Euros. He is part of the steering committee for the recent World Falls Guidelines and holds several esteemed international and national academic positions of trust. These include serving on the Executive Council of the World Falls Prevention Society, being a General assembly member and Academic Board member of European Geriatric Medicine Society, co-founding and serving on the board of Odense Deprescribing Initiative, and participating in the Danish Health Authority National Deprescribing List working group.

AGENDA

2:45 p.m.
Welcome Remarks

2:50 p.m.
Introductions
by Dr. M Montero-Odasso

3:00 p.m.
Lecture
by Professor Jesper Ryg

3:50 p.m.
Questions & Answers

4:00 p.m.
Adjourn

Website:

www.gaitandbrain.com

X: [@gaitandbrain](https://twitter.com/gaitandbrain)

This program is supported by an education grant from the Division of Geriatric Medicine

Objectives

Upon completion of this activity, the participant will be able to:

1. Identify the importance of falls among older people.
2. Recognize the current evidence regarding potential fall prevention effects of gait adaptability.
3. Explore perturbation-based balance training using data from a recent randomized controlled trial in older people with falls as the primary outcome.

Sponsors

This program has received an educational grant from **Protokinetics**.

Acknowledgements

Gait and Brain Lab and the Division of Geriatric Medicine, Department of Medicine, at the Schulich School of Medicine & Dentistry, Western University.

Study Credits

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada, and approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University. You may claim a maximum of 1.25 hours.

Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

Seats are limited

Please RSVP to Areej Hezam
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The Gait and Brain Seminar Series is a no-cost event.