This year’s meeting focuses on the construct of fatigue in MS. People with MS are likely to experience abnormal levels of both fatigue and fatigability that can affect gait and balance, which subsequently decreases participation and quality of life. While rehabilitation and pharmaceutical interventions can improve fatigue and fatigability, treatment can be challenging for clinical providers, especially as it relates to gait and balance. This year’s symposium will disseminate current knowledge on fatigue and fatigability as related to gait and balance in PwMS by providing updates on operational definitions, underlying mechanisms, measurement, and clinical management strategies.

After attending this symposium, attendees will be able to:

- Define types of fatigue and fatigability, and explain how they relate to gait and balance in people with MS
- Identify neural and physiologic mechanisms that contribute to fatigue and fatigability
- Identify common methods to measure fatigue and fatigability in people with MS
- Apply appropriate management strategies for fatigue and fatigability with the goal of optimizing gait and balance in people with MS

Multiple sclerosis clinicians or researchers, including:
- Physicians (neurologists, physiatrists, etc.)
- Physical Therapists
- Occupational Therapists
- Rehabilitation Scientists
- Nurses
- Physicians Assistants
- Graduate Students

FOR MORE INFORMATION VISIT: www.chhs.colostate.edu/hes-hpcrii/10th-international-symposium-on-gait-and-balance-in-multiple-sclerosis
8:00 am  Registration and continental breakfast

**MORNING SESSIONS**

8:45 AM  Introduction and Welcome  
Brett Fling, Ph.D.  
*Colorado State University - Fort Collins, CO*

9:00 AM  Keynote Lecture  
Overview of fatigue in MS  
Stefan Gold, M.D., Ph.D.  
*Charité Universitätsmedizin Berlin – Berlin, Germany*

9:50 AM  BREAK

10:00 AM  Defining Terms: Negotiating between perceived subjective fatigue and objective measures of fatigue and fatigability in MS  
John DeLuca, Ph.D.  
*Kessler Foundation – East Hanover, NJ*

    Roger Enoka, Ph.D.  
    *University of Colorado – Boulder, CO*

    Lauren Krupp, M.D.  
    *NYU Langone Health – New York City, NY*

11:30 AM  Title - TBD  
Trainee Award Winning Presentation

12:00 PM  LUNCH

**AFTERNOON SESSIONS**

1:00 PM  Medical management of fatigue in MS  
Augusto Miravalle, M.D.  
*University of Colorado - Denver Anschutz Medical Campus*

1:40 PM  Clinical management of fatigue in MS: Exercise  
Prudence Plummer, Ph.D., PT  
*MGH Institute of Health Professions – Boston, MA*

2:20 PM  BREAK

2:40 PM  Clinical management of fatigue in MS: Behavioral Aspects of Self-Management  
Marcia Finlayson, Ph.D., OT, OTR  
*Queen’s University – Kingston, Ontario*

3:20 PM  Clinical management of fatigue in MS: Cognitive Aspects of Self-Management  
Anna Kratz, Ph.D.  
*University of Michigan – Ann Arbor, MI*

4:00 PM  Panel Discussion

5:00 PM  Wrap up  
Kathleen Zackowski, Ph.D., OTR, MSCS  
*National Multiple Sclerosis Society – New York, NY*

    *Kennedy Krieger Institute and Johns Hopkins University – Baltimore, MD*

**SATURDAY EVENING POSTER RECEPTION**

5:30 PM - 8:30 PM  Poster reception with hors d’oeuvres and drinks  
Authors are available from 6-7:00

**CONFERENCE STEERING COMMITTEE**

Brett W. Fling, PhD; Mark Mañago PhD, DPT; Gail Widener PT, PhD; Kathy Zackowski, PhD, OTR, MSCS
10th International Symposium on
GAIT & BALANCE IN MULTIPLE SCLEROSIS
The Role of Fatigue and Fatigability

CALL FOR POSTERS

Please send abstracts on topics related to gait and balance in multiple sclerosis to Dr. Gail Widener at gwidener@samuelmerritt.edu by June 12, 2020 for review.

When submitting you abstract please indicate if the poster will be prepared/presented by a trainee (either a student or post-doctoral trainee).

Abstracts must meet the following criteria:
- A maximum of 300 words
- Use 12-point font, single spaced
- Title contain a maximum of 150 characters (including spaces)
- Authors names and affiliations must follow the title

Research abstract must include the following headings:
- Background and Purpose
- Methods
- Results
- Discussion

Case report abstracts must include the following headings:
- Background and Purpose
- Case Description
- Outcomes
- Conclusions

*The top 5 posters from trainees will be selected to receive waived symposium registration.

CONTINUING MEDICAL EDUCATION

ACCREDITATION
The University of Colorado School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Colorado School of Medicine designates this live activity for a maximum of 6.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

HOTEL ACCOMMODATIONS

Hyatt Regency Aurora Denver
13200 East 14th Place
Aurora, CO, 80011
Toll Free: 877-803-7534

A discounted room rate of $132/night plus tax is being provided until the cutoff date of September 13, 2020 OR until the group block is sold out, whichever occurs first.

Call 720-859-8000 and reference “Gait & Balance Symposium” to receive the group rate.

REGISTRATION

$199 Regular rate
$160 Early registration before July 31
$100 Students; UC, CSU and VA employees
* Physician CME credit memo $25 extra.

Registration fee includes continental breakfast, lunch, and symposium reception with hors d’oeuvres and drinks.

Register online at: www.chhs.colostate.edu/ges-hpclr/10th-international-symposium-on-gait-and-balance-in-multiple-sclerosis

CONTACT
For more information visit www.chhs.colostate.edu/ges-hpclr/10th-international-symposium-on-gait-and-balance-in-multiple-sclerosis. For questions contact Victoria Bandera at 970-491-6160 or email Victoria.Bandera@colostate.edu