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-hpcrl/10th-international-symposium-on-gait-and-balance-in-multiple-sclerosis

IN PARTNERSHIP WITH:

COLORADO STATE UNIVERSITY

Physical Therapy
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS
<table>
<thead>
<tr>
<th>TIME</th>
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| 8:45 AM | Introduction and Welcome                                               | Brett Fling, Ph.D.  
*Colorado State University - Fort Collins, CO*                           |
| 9:00 AM | Keynote Lecture                                                         | 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                                                            |                                                                          |
| 12:00 PM | BREAK & Virtual Poster Viewing                                         |                                                                          |
| 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*                          |
| 2:00 PM | BREAK & Virtual Poster Viewing                                         |                                                                          |
| 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 | Moderated 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 – 7:00PM Virtual Poster Session
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 July 10th, 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 #1 ranked poster from a trainee will be selected to give an oral presentation

CONTINUING MEDICAL EDUCATION

ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Colorado School of Medicine and Colorado State University. The University of Colorado School of Medicine is accredited by the ACCME 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.

REGISTRATION

$25 Regular rate
$20 Students
$5 for VA Employees

If you have extenuating circumstances that limit your ability to pay a registration fee, please contact us!

*Physician CME credit memo $25 extra.

Registration fee includes access to live content during the day as well as all archived lectures and posters following the Symposium.

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

CONTACT

For more information visit www.chhs.colostate.edu/hes-hpcl/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