

“Optimizing Motor and Cognitive Recovery After TBI: The Role of Exercise and Sleep”

Thursday, February 28, 2019 | 3:30-4:30pm



About the Speaker

Coby D. Nirider, PT, DPT, CBIS has over 17 years of experience treating individuals with TBI in the post-acute residential and outpatient settings. Cody received his Master's degree in Physical Therapy from Nova Southeastern University in 1999 and Doctor of Physical Therapy in 2010. Cody is currently the Administrator and CCO of Brookhaven Hospital in Tulsa, OK. He has been published in peer-reviewed journals and author multiple text chapters on TBI rehabilitation.

Coby Nirider, PT, DPT, CBIS

Brookhaven Hospital, Administrator/Chief Clinical Officer

Description

Exercise has long been known to have significant health benefits for all persons, with and without disability. The evidence that this applies to persons with traumatic brain injury (TBI) is mounting, not only for the acute and sub-acute phases of recovery, but also for chronic conditions. Modern physical rehabilitation strategies involve much more intense exercise than was historically thought safe or necessary. This talk explores the evidence that supports the need for greater intensity of training and why these greater intensities lead to enhanced physical recovery. There is also evidence that intense exercise can lead to greater cognitive performance and that persons with TBI should be exercising at certain intensities. The cognitive and psychological benefits of sound sleep hygiene are also discussed.

Objectives

1. Discuss the negative effects of prolonged bed rest after hospitalization.
2. Contrast historical and contemporary rehabilitation strategies for patients with TBI.
3. Discuss how aerobic exercise and sleep promote improvements in mood and cognition.
4. Describe the evidence showing the benefits of early mobilization and High Intensity Interval Training (HIIT) after TBI.