



Neurosciences

# Parkinson's and Movement Disorders Center (IPMDC)

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# Inova Parkinson's and Movement Disorders Center



A comprehensive, integrated center for contemporary evidence-based and patient-centered care in northern Virginia and beyond.

Our experienced team includes fellowship-trained specialists in neurology and neurosurgery and offers the highest level of advanced care for these complex conditions.

A Great Team!

[Inova.org/move](https://www.inova.org/move)

## Movement Disorders Specialists



**Drew Falconer, MD**  
Medical Director, IPMDC



**Sean Rogers, MD, PhD**  
Medical Director,  
Memory Disorders

**Kyla Newman**  
Physician associate

Also nursing  
specialists:  
Estefany, &  
Catherine



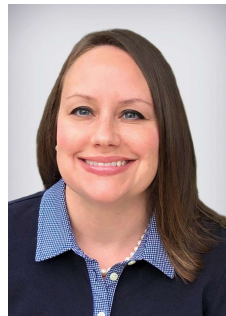
**Sonia Gow**  
Center coordinator



**David Whitney, MD**



**Hannah Irving, MD**



**Abigail Lawler, MD**



**Mick Reedy, MD**



**Jenn Pauldurai, MD**  
Cognitive and behavioral neurologist

IPMDC:  
a center  
without  
walls.

Clinical care

- Accessible support not previously available to our Parkinson community: clinicians, center coordinator, supporting team members.
- Our specialists can see patients in-person at multiple locations throughout Northern Virginia.
- Telehealth is also an option, provided the patient is in Virginia at the time of the appointment.



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## Parkinson's and Movement Disorders Center (IPMDC)

### Alexandria

1500 N. Beauregard St.  
#300  
Alexandria, VA 22311

### Fairfax

8081 Innovation Park Dr.  
#900  
Fairfax, VA 22031

### Fair Oaks

3580 Joseph Siewick Dr.  
#206  
Fairfax, VA 22033

### Gainesville

7051 Heathcote Village Way  
#230  
Gainesville, VA 20155

### Leesburg

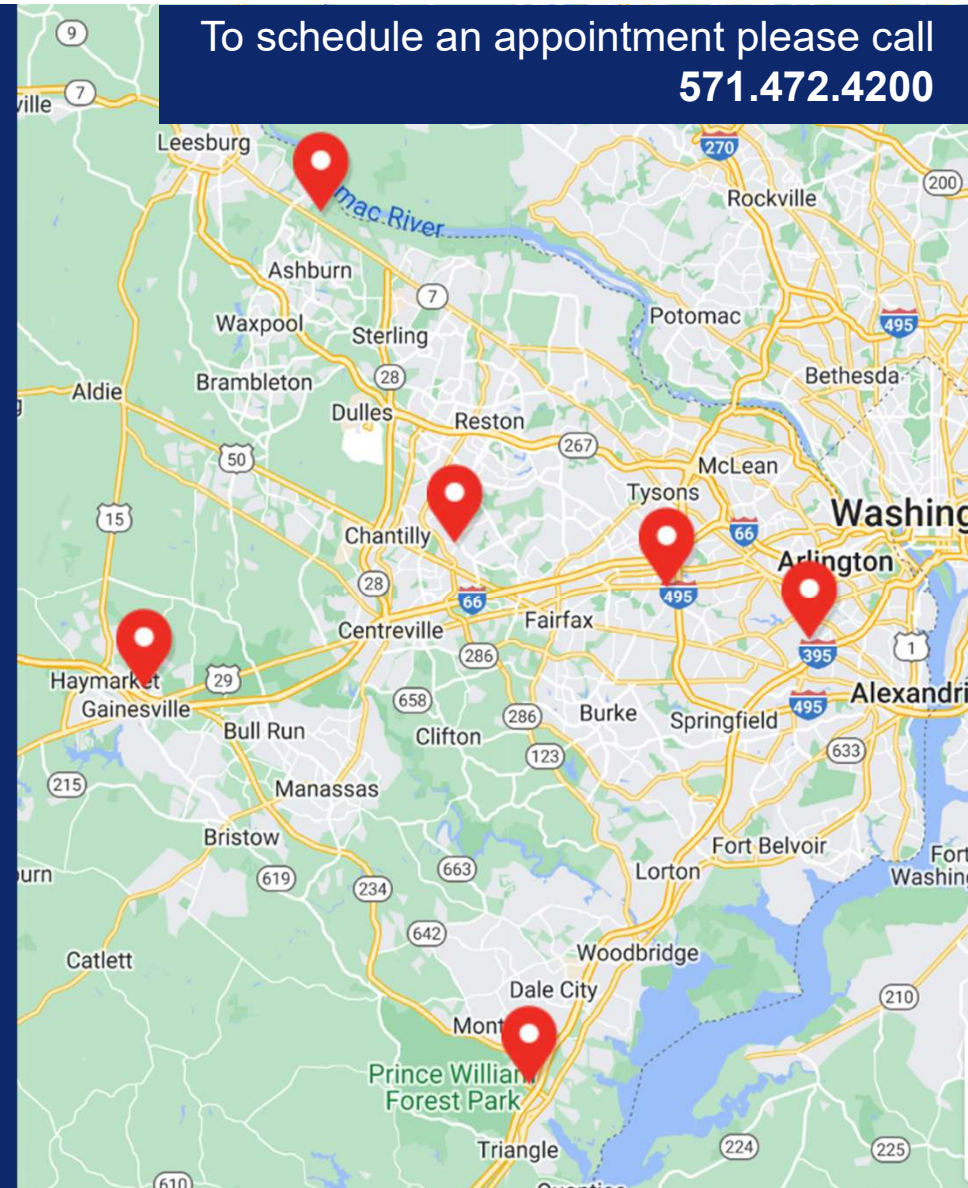
44055 Riverside Parkway  
#242,  
Leesburg, VA 20176

### Dumfries

3800 Fettle Park  
#312  
Dumfries, VA 22025

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To schedule an appointment please call  
**571.472.4200**



# Within Inova

# Clinical

- Therapy – PT/OT/Speech, Parkinson experts
- Mental health - Neuropsychology, Neuropsychiatry
- Neurosurgery – Deep Brain Stimulation (DBS)
- Movement Disorders Neurologist Hospitalist
- Research

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Programs

- Our clinical team offers more than just recommendations by also providing the programs and resources specific to our community.
- Patients and families attending our programs: local, state-wide, national and international.
- Programs are based on patient/families/professional feedback and suggestions.
- **IPMDC programs are open to anyone with Parkinson's, their family, and friends, not limited to Inova patients.**
- Fundraising enables us to offer our programs at no cost.

Over 100 programs each month.

# Online Programs

[IPMDC.org](http://IPMDC.org)



## Weekly

- Dual Task for Parkinson's
- Zumba Gold for Parkinson's,
- Voice/Speech/Communication

## Monthly

- Parkinson's Journey
- Exercise Rx
- Let's Chat About Thinking 
- Healthy Eating 
- Live a simpler, safer, less cluttered life. 
- Care Partner Tips & Tricks (online library)
- Recently Diagnosed (online library)

# In-person Programs

[IPMDC.org](http://IPMDC.org)

## Weekly

- Dance for PD®  DANCE *for* PD®  
CLASSES | TRAINING | RESOURCES
- UpENDING Parkinson's (climbing)
- Boxing / Strength



- Yoga
- Stand Tall and Speak Loud
- High Intensity Interval Training (HIIT)
- Therapy classes at Inova:  
exercise, voice, choir

## Monthly

- Parkinson Friends  
social and supportive groups



Hospital outpatient therapy teams  
Loudoun and Fair Oaks

Within our  
community

Education

**Education** (patients, families, professionals, clinical):

With experts in Parkinson's and Movement Disorders

- Regular monthly programs (online and in-person)
- Annual conference
  - virtual 2021-2023, in-person 2024-2025
- Patient resources (print/online)
- Educational programs for allied health professionals in senior living
  - conference 3/21/2025

# Within our community

# Social & Supportive

**Social work:** connecting patients, families, professionals with appropriate resources.

- Supported by local ALCA care managers and county services (ElderLink)

**Support:** for patients, families.

- Parkinson's Friends groups

**Socialization:**

- Parkinson Friends groups, well-being and educational programs, both online and in-person

# Within our community

# Outreach

- Raising awareness about Parkinson's, IPMDC.
- Networking, community health fairs, presentations
- Referrals from allied health professionals, community partners
- Fundraising events organized by community partners.

# Partnering with:

- **Local non-IPMDC support groups**, many are in senior living communities for residents only.
- **Regional support groups** in VA, PA, MD, WV.
- **Parkinson organizations** within Virginia and nearby states
- **National Parkinson organizations**
- **International Parkinson community**
- **Local senior living organizations**

# Resources

Updated  
regularly

- **Calendar**
- **Newsletter:** [ipmdc.org/newsletter](https://ipmdc.org/newsletter)
- **Resources:** IPMDC on the Internet, Care Partners, Driving, Community & Government Resources, Solo Aging, Spanish Language, Planning, Veterans Benefits, Virtual Exhibit Hall, YOPD
- **Patient Assistance:** Hospitalization, Memory, Mental Health, Falls, Medications, PSP & MSA, Constipation(!)
- **List of therapy teams** with Parkinson's experts, plus info about rehab/therapy

While the right medications and treatments for each person are key to living well with Parkinson's, the other part of the equation, just as important as clinical care, is the lifestyle choices that people can make.

Patients are  
people too.

# The difference contemporary care makes



Sir William Richard Gowers, 1886

Old Parkinson's



Tom, IPMDC patient

Parkinson's in 2024!!

# Donate

[IPMDC.org/donate](https://IPMDC.org/donate)

**IPMDC programs are offered at no cost  
thanks to the generosity of  
The Inova Narang Foundation Active Living and Fitness Program,  
and members of our community.**

Your gifts of gratitude to the **Inova Parkinson's and Movement Disorders Center**, stay in our community to directly benefit Parkinson patients, their families and friends.

**Inova is a nonprofit community organization.**



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# Parkinson's and Movement Disorders Center

## Contact Us!

To schedule an appointment

please call **571.472.4200**

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### **Sonia Gow**

Program and Community Care Manager

Inova Parkinson's & Movement Disorders  
Center

[Sonia.Gow@inova.org](mailto:Sonia.Gow@inova.org) | (703) 375-9987

[inova.org/move](https://www.inova.org/move) - clinical

[ipmdc.org](https://www.ipmdc.org) – programs and resources

Find us on Facebook! [@InovaMove](https://www.facebook.com/InovaMove)

Subscribe to our weekly e-newsletter!

**Living Well With Parkinson's | IPMDC News**

[ipmdc.org/newsletter](https://www.ipmdc.org/newsletter)