

# **PWR!Moves<sup>®</sup>**

## **Therapist Certification Workshop**

**Date**  
October 30-31, 2021

**Location**  
Delivered via Zoom  
Arizona Time



### **Eligible Participants**

Physical Therapists, Physical Therapy Assistants, Occupational Therapists,  
Occupational Therapy Assistants

### **Continuing Education**

Worth 15-17.5 contact hours, depending on the state—for current CEU  
information, please visit our [CEU info page](#)

### **Registration Fees**

\$650 per person  
\$625 per person for groups of 2-4  
Additional discounts are available for graduate students  
and groups of 5 or more

Check out our website for Early Bird pricing!

For more information email us at [workshops@pwr4life.org](mailto:workshops@pwr4life.org), or to register  
online, click [here](#) to visit our therapist workshop registration page

**Help people with Parkinson disease get better and stay better with exercise!**

## Course Description

Recent advances in basic and clinical science research suggest exercise and rehabilitation approaches may protect and repair dopamine circuitry, improve motor and non-motor symptoms, and delay motor deterioration in people with Parkinson disease (PD). Participants will be introduced to the PWR!Moves<sup>®</sup> curriculum, a PD-specific functional skill training curriculum guided by the essential principles of learning and neuroplasticity. PWR!Moves can be personalized, adapted across disease severity, and implemented in both therapy and group exercise settings. The PWR!Moves curriculum advocates for effective, proactive rehabilitation paradigms which start at diagnosis, offer ongoing programming for life, and integrate therapy and community exercise.

Central to the PWR!Moves curriculum is the training of amplitude directly into four building blocks of function. Each building block counteracts a primary motor control deficit shown by research to interfere with everyday functional mobility in people with Parkinson disease: antigravity extension, weight shifting, axial mobility, and transitions. These basic four building blocks are initially instructed in five positions: prone, supine, on all fours, sitting, and standing. Thus, PD-specific training is achieved by focusing on training amplitude and functional, whole-body movements. Additionally, therapists can personalize the curriculum to target specific PD symptoms including rigidity, bradykinesia, incoordination, and reduced self-awareness.

To familiarize themselves with the PWR!Moves, participants will rehearse the PWR!Moves with faculty in several interactive practicum sessions which integrate question and answer sessions throughout. Participants will also observe faculty apply Exercise4BrainChange (E4BC) techniques while instructing the PWR!Moves with each other and with volunteers with PD, in order to optimize volunteers' learning, allowing for increases in retention, generalization, and automaticity. E4BC techniques, informed by research, have been organized into categories that employ high physical effort, attentional focus, cognitive engagement, and emotional engagement. The repetition required to optimize learning is uniquely achieved by emphasizing functional building blocks first as exercise, and subsequently in combination with E4BC techniques to optimize functional mobility. This flexibility allows for therapists to reinforce goal-directed and habitual movements while also targeting personalized symptoms, functional mobility goals, posture, fall reduction, ADL, and quality of life concerns. To extend the benefits gained from therapy, therapists can also instruct PWR!Moves in a group format or refer people with PD to other PWR!Moves community group classes.

Live demonstrations, pre-recorded videos of practicum sessions with people with PD, video cases, and interactive instruction will be used to discuss practice essentials and treatment plans, as well as to illustrate the real-world implementation of this framework across disease severity levels. Participants will observe faculty problem-solving while working one-on-one with people with Parkinson's (PWP) and will practice PWR!Moves alongside faculty in interactive demonstrations throughout the workshop.

Upon completion, therapists will be able to instruct the PWR!Moves curriculum and develop PD-specific, neuroplasticity-principled, personalized treatment plans for individuals of varying disease severity. PWR!Moves are appropriate for any therapy setting and can be integrated into fitness, lifestyle, and community exercise programs for continuous access to PD-specific quality functional skill practice anywhere, anytime!

## Objectives and Goals

1. Discuss recent advances in Parkinson disease etiology, pathophysiology, and diagnostic criteria.
2. Recognize motor and non-motor symptoms and how they interfere with function and present barriers to participation.
3. Summarize recent advances in basic and clinical neuroscience that have brought exercise to the forefront in PD treatment as it relates to optimal brain function and skill acquisition.
4. Explain the significance of targeting the training of amplitude into function (PWR!Moves®) as the foundation for a comprehensive PD-specific program.
5. Perform the Basic 4 PWR!Moves® in 5 positions: prone, supine, all fours, sitting, standing.
6. Explain how the Basic 4 PWR!Moves® target motor control skills that become impaired in people with PD and interfere with function.
7. Describe how the Basic 4 PWR!Moves® may be personalized to differentially target multiple PD symptoms, including rigidity, bradykinesia, incoordination, and reduced self-awareness.
8. Explain how training each of the Basic 4 PWR!Moves® provides a PD-specific means of targeting general fitness problems related to flexibility, strength, coordination, balance, and posture.
9. Effectively use PWR!Moves® boosts with PWP as a stand-alone tool or as a component integrated into interventions along with other PWR!Moves® exercises.
10. Effectively implement Exercise4BrainChange techniques, including modeling, mental imagery, attention to action, external cues, instruction, and reward-based and task-specific feedback to achieve optimal performance and learning for your clients with Parkinson disease.
11. Explain the significance of the flexibility inherent in implementing the PWR!Moves® curriculum as a foundation for PD-specific, task-specific, and/or community exercise programming, focusing on its applicability to a variety of settings and its ability to be used alone, in conjunction with task-specific and/or community-based exercise programming, or delivered as a stand-alone exercise program for functional mobility.
12. Develop treatment plans which integrate PWR!Moves® and progressive aerobic training tailored to individuals with different disease severities.
13. Appropriately consider additional information such as motor and non-motor symptoms and environmental, personal, and psychosocial factors when developing exercise prescriptions that include both intensive bouts of therapy and community exercise in order to optimize and perpetuate functional mobility benefits.
14. Discuss the unmet needs in PD rehabilitation and possible solutions to their resolution through novel paradigms and community partnerships.

## PWR!Moves® Therapist Certification Workshop – Day 1

My Time	AZ Time	Topic
	7:30 am	Registration
	8:00 am	Introduction About <b>PWR!</b> and our vision for healthcare for PWP (people with PD)
	8:30 am	Hot topics in Parkinson disease (PD) Review of basal ganglia circuits and symptoms
	9:15 am	Exercise as medicine: Indications
	9:35 am	Break
	9:50 am	Exercise as medicine: Practice essentials (progressive exercise and PD-specific)
	10:35 am	Virtual Group Practicum – Basic 4   PWR!Moves <ul style="list-style-type: none"> <li>• Basic 4   PWR!Moves in prone, supine, all 4's, sitting, standing</li> <li>• Prepare, Activate, and Flow</li> <li>• Connect to symptoms (e.g., rigidity, bradykinesia, incoordination)</li> <li>• Connect to functional application</li> <li>• Integrate Boosts</li> <li>• Adaptations, simple equipment for cues, targets</li> </ul>
	12:45 pm	Lunch on your own
	1:30 pm	Faculty Demonstrations with PWP – Basic 4   PWR!Moves <ul style="list-style-type: none"> <li>• Live-streamed demonstrations and pre-recorded videos of faculty working with people with PD will be used to train Basic 4 PWR! Moves in all positions, using feedback, appropriate cues, and adaptations as needed</li> </ul>
	2:30 pm	Individual Case Presentation – Basic 4   PWR!Moves® <ul style="list-style-type: none"> <li>• Participants will watch video cases of faculty teaching the PWR! Moves to people with PD whose symptoms present differently. Participants will propose solutions using feedback, instructional and other strategies, cues, motivation, and adaptations to elicit optimal performance from people with PD.</li> </ul>
	4:00 pm	Break
	4:15 pm	Virtual Group Practicum – Mobility and Functionality
	6:00 pm	End of Day 1

Note:

- Blue indicates practicum sessions with people with PD
- Schedule subject to change

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## PWR!Moves® Therapist Certification Workshop – Day 2

My Time	AZ Time	Topic
	8:00 am	<b>PWR! Pearls</b> Evidence for and how to optimize learning in PD
	9:30 am	Virtual Group Practicum -- Basic 4   PWR!Moves, Cognitive and Motor Challenges <ul style="list-style-type: none"> <li>• Review Basic 4   PWR!Moves, including Flows and Boosts</li> <li>• Add variation ideas in each position</li> <li>• Review Basic 4   PWR!Moves transitions (evolutions)</li> <li>• Introduce standalone or advanced boosts</li> <li>• Create task-specific and functional progressions</li> <li>• Overview practicum equipment stations to enhance learning</li> </ul>
	10:45 am	Break
	11:00 am	Faculty Demonstrations with PWP – Task-specific Progressions <ul style="list-style-type: none"> <li>• Integrate PWR!Moves into rehab through exercise and task-specific progressions (e.g., gait, agility, balance, stepping, turning, fall prevention, bed mobility, posture, strength, function, dexterity, sports, lifestyle, eye boosts)</li> <li>• Apply Exercise4BrainChange® principles</li> <li>• Use equipment to enhance learning—assist, guide, challenge, and empower</li> </ul>
	12:30 pm	Lunch on your own
	1:30 pm	Video Case Discussion – Implementing PWR!Moves Rehab Programs <ul style="list-style-type: none"> <li>• Propose plans of care for video cases presented throughout the workshop</li> <li>• Refer to symptoms and principles tables</li> </ul>
	2:45 pm	Barriers to Exercise as Medicine and Implications for Healthcare
	3:10 pm	PWR!Moves Certified Professionals and you! Building your local PWR!Moves networks, from rehab to community and back!
	3:30 pm	End of Day 2

Note:

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## NeuroFit Faculty



**Becky G. Farley, PT, MS, PhD**

Dr. Becky Farley is a physical therapist, neuroscientist, Parkinson exercise specialist, as well as the Chief Scientific Officer and Founder of Parkinson Wellness Recovery | PWR!. She received a PhD in Neuroscience from the University of Arizona, a Master of Science in Physical Therapy from the University of North Carolina, and a Bachelor of Physical Therapy from the University of Oklahoma. She is a published author on exercise for people with Parkinson disease and gives public and medical seminars worldwide. Her postdoctoral research investigated the muscle activation deficits underlying bradykinesia in people with PD. She was awarded, and completed, an R21 NIH-funded randomized clinical trial to establish the benefits of LSVT BIG<sup>®</sup>, the first whole-body, amplitude-focused, physical and occupational therapy exercise approach for individuals with PD. Dr. Farley

also created PWR!Moves, a more flexible Parkinson-specific exercise approach that directly targets the training of amplitude into building blocks of function. Each building block counteracts a primary motor control deficit shown by research to interfere with everyday mobility. Dr. Farley has been training therapists and fitness professionals for the last 14 years and is now focusing on publishing data from the Tucson-based PWR!Gym and integrating new research into PWR!Moves workshops and PWR!Gym programs. She believes lifelong access to integrated rehabilitation and community exercise and wellness programming is necessary to optimize and perpetuate functional mobility benefits and to slow disease progression.



**Jennifer Bazan-Wigle, PT, DPT, CEEAA<sup>®</sup>**

Jennifer Bazan-Wigle has worked in neurological rehabilitation for the entirety of her physical therapy career. She is currently a physical therapist at Parkinson Wellness Recovery's PWR!Gym in Tucson, AZ, where she specializes in one-on-one rehabilitation and group exercise instruction with people with Parkinson disease. Since 2013, she has focused on honing her expertise in treating the movement disorder and Parkinson's population, with an emphasis on freezing of gait and advanced PD. Jennifer is a PWR! Moves Certified Therapist, PWR!Moves Certified Instructor, and a Certified Exercise Expert for the Aging Adult (CEEAA). Jennifer has delivered community, academic, and peer-reviewed presentations on Parkinson disease in the US and internationally. As an integral part of the NeuroFit faculty, Jennifer has worked closely with Dr. Becky Farley to

develop course content for PWR!Moves Therapist and Instructor Training and Certification Workshops, and has delivered over 70 continuing education workshops, across the US and world. In doing so, Jennifer has helped thousands of physical therapists, occupational therapists, and fitness professionals implement evidence-based rehabilitation and group exercise for people with Parkinson disease.



**Maria Allen, PT**

Maria has over 35 years of experience as a physical therapist treating people with neurological disorders, primarily severe brain injury, stroke, and vestibular dysfunction. She began to focus on working with the Parkinson's population in 2011. After earning her LSVT BIG certification, she became a PWR!Moves Certified Therapist in 2013 and PWR! Moves Certified Instructor in 2014. She began attending Parkinson disease related conferences, including Allied Team Training for Parkinson's (ATTP) in 2014, the 19th International Congress of Parkinson's Disease and Movement Disorders in 2015, and the World Parkinson Congress in 2016. She had the privilege of volunteering at the **PWR!** Retreat in both 2015 and 2016. She developed and currently serves as Coordinator of a

multidisciplinary Parkinson Wellness Program for a home health company serving the Central Coast area of California, which now serves over 260 PWP each year. She recently earned her Certificate of Advanced Competency in Home Health. She has been assisting with PWR!Moves Therapist and Instructor Training and Certification Workshops since 2016. As a Home Health Consultant for **PWR!**, she has been instrumental in the development and teaching of our home health-focused PWR!Moves Therapist Training and Certification Workshops across the country. In March 2019, she joined the NeuroFit faculty to teach PWR!Moves Therapist Workshops with more regularity. While not traveling the US teaching, Maria works closely with her local Parkinson Disease community and serves as the Board Advisor and Education Chair for the Central Coast Parkinson Association and as an Advisor for a group of Cal Poly, San Luis Obispo students-turned-entrepreneurs who are developing a new device for freezing of gait.



**Kristina Dorkoski, PT, DPT, CEEAA®**  
**Board Certified Neurologic Clinical Specialist**

Dr. Kristina Dorkoski is an outpatient physical therapist, Board Certified Neurologic Specialist, Certified Exercise Expert for Aging Adults, Professional Yoga Therapist, and certified Pilates instructor. She enjoys coupling integrative care with the latest evidence and technology in neurologic rehab. Her varied experience also includes the treatment of medically complex geriatrics, vestibular disorders, chronic pain conditions, and acute care and trauma patients. Dr. Dorkoski earned her BS in health science and MS in physical therapy from Misericordia University, and doctorate in physical therapy from Temple University. She is an LSVT BIG® and PWR!Moves® Certified Therapist. Dr. Dorkoski is an adjunct faculty member at Misericordia University, where she instructs neuromuscular labs and a special practices course on the use of Pilates and Medical Therapeutic Yoga® in rehabilitation. Additionally, Dr. Dorkoski serves as an adjunct faculty member at Professional Yoga Therapy Institute®.



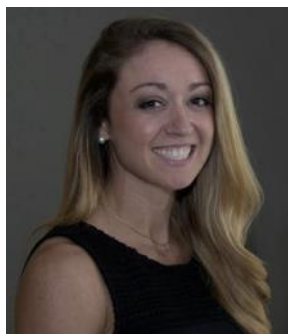
**Melanie Lomaglio, PT, DPT, MSc**  
**Board Certified Neurologic Clinical Specialist**

Dr. Melanie Lomaglio brings nearly 25 years of experience to her patients at The Parkinson's Health Center at STARS Rehab. She graduated from McGill University in 1997 with a Bachelor of Science in Physical Therapy, the University of British Columbia in 2005 with a Master of Science in Neurological Rehab, and completed her Doctor of Physical Therapy degree from the University of St. Augustine in 2017. In 2009 her and her husband founded STARS Rehab in St. Augustine, Florida and in 2019 Melanie founded The Parkinson's Health Center. In 2010, Melanie joined an elite class of clinicians when she became a Board Certified Neurologic Clinical Specialist and recertified in 2019. Dr. Lomaglio also has 12 years of teaching experience as an Assistant Professor within the neurologic curriculum of an entry-level doctoral of Physical Therapy program, she participates in research, and has published and presented her work on an international level. Her passion at STARS Rehab is to improve the quality of life of people living with Parkinson's Disease through movement, community and empowerment. Melanie is a 2020 and 2021 Parkinson's Foundation Community Grant winner and in addition to providing individual rehab and group wellness, she facilitates the St. Augustine Parkinson's disease support group, which offers people with Parkinson's and their care partners free year-round educational resources and social support.



**George P Hebbler, PT, DPT**

George "Paul" Hebbler graduated from Louisiana State University in 2009 with a Bachelors of Science in Psychology then went on to attend and graduate from The University of St Augustine for Health Sciences with his Doctor of Physical Therapy degree in 2013. He has experience in both outpatient and short term rehabilitation settings and since 2019, has worked at STARS Rehab in St Augustine, FL where he provides outpatient physical therapy for patients with both orthopedic and neurologic diagnoses with focus on Parkinson's Disease. He coaches non-contact boxing at a Rock Steady Boxing Affiliate, teaches adaptive group yoga and PWR!Moves exercise classes online and in-person, and volunteers in a community support group for people with Parkinson's Disease and Parkinsonisms. Paul is passionate about patient care and using exercise and community development to help his patients to live fulfilling and empowered lives.



**Anna McIntyre, DPT**

Anna McIntyre graduated from George Mason University in 2011 with a Bachelors degree in Exercise Science and earned her Doctor of Physical Therapy degree from Marymount University in 2016. She works at STARS Rehab in the Parkinsons Health Center, exclusively treating people who have Parkinson's Disease as well as atypical parkinsons such as Progressive Supranuclear Palsy, Multiple System Atrophy, and Lewy Body Dementia. She also provides in-person and online PWR! Moves classes through the Park Avenue Project Grant for all ability levels for people with Parkinson's and is a Rock Steady Boxing affiliate and coach. Anna is extremely passionate about patient care and rebuilding her patient's lives through movement, community, and empowerment.

## References

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