PWR!*Moves*® Therapist Recertification Workshop

April 1, 2021
8:00am-1:30pm
Arizona Time

Delivered via Zoom

Eligible Participants
PWR!*Moves* Certified Therapists who: 1. Are licensed Physical Therapists, Occupational Therapists, Physical Therapy Assistants, and Occupational Therapy Assistants 2. Have successfully completed another PWR!Moves Therapist Certification Workshop 3. Completed that workshop **during or after April 2018**

Recertification

Upon successful completion of this workshop, participants will be recertified as PWR!Moves Certified Therapists for two years

Continuing Education

Worth 5-6 contact hours for both PT and OT licensing boards—for more detailed CEU information, please visit our CEU info page

Registration Fees

$300 per person
$275 per person for groups of 2 or more
Check out our website for Early Bird pricing!

For more information or to register online, click here to visit our therapist recertification workshop registration page.

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

Course Description

The **PWR!***Moves*Ò Therapist Recertification Workshop will introduce participants to a new framework for implementing the **PWR!***Moves* as the foundation to “Rebuild Functional Mobility” in people with Parkinson disease (PD) as a lifelong model of care. Participants will first review and practice the Basic 4 **PWR!***Moves* as the building blocks of PD-specific functional skill training and will then integrate those skills into familiar sequences for mobility and functionality. Participants will apply clinical reasoning skills and neuroplasticity principles to systematically progress motor and cognitive challenges to skillfully implement specificity of practice for treating individuals with varying symptoms and varying functional and exercise goals. Live demonstrations, videos, and interactive instruction will be used to illustrate, rehearse, and discuss the implementation of this framework for the retraining of functional mobility goals, as well as its integration into community exercise programs as a means of practicing skills learned in therapy and sustaining the benefits gained in rehabilitation.

Upon successful completion of this workshop, participants will be recertified as **PWR!***Moves* Certified Therapists for two years.

Objectives and Goals

Upon successful completion of this workshop, participants will be able to:

1. Describe and explain how **PWR!***Moves* provide the foundation to “Retrain and Sustain Functional Mobility” in both rehabilitation and community exercise settings.
2. Teach the **PWR!***Moves* in 5 basic positions: prone, supine, all 4’s, sitting, and standing.
3. Use new advanced positions to progressively challenge physical effort and cognitive engagement.
4. Implement modifications, such as adaptations, cueing, and feedback, to **PWR!***Moves* instruction to optimize quality of movement and success.
5. Personalize the implementation of **PWR!***Moves* to differentially target specific PD symptoms and functional mobility goals.
6. Demonstrate proficient use of task-analysis to deconstruct and rebuild function for a common rehabilitation goal.
7. Provide examples of techniques used to progress complexity of practice that exploit goal-directed and habitual behaviors.
8. Effectively use **PWR!***Moves* Boosts as a stand-alone tool or as a component integrated with other **PWR!***Moves* exercises.

PWR!*Moves*® Therapist Recertification Workshop

7:30 am	Registration

8:00 am	**Retrain Functional Mobility—Group Practicum**
	• **Level 1— Deconstructing Function**
	  • Review Basic 4 | **PWR!***Moves*, Prepare, Activate, and Flow
	  • Introduce advanced positions
	  • Connect to symptoms and functional applications
	  • Integrate Boosts and modifications, including simple equipment, cues, and feedback
	  • Assignment 1 - Unmodified-modified Movement Video Comparisons

9:30 am	**Retrain Functional Mobility—Faculty Demo**
	• **Level 2 — Rehearsing Action Sequences**
	  • Mobility and transitional sequences—horizontal, vertical, and multidirectional
	  • Functionality—salient sequences that mimic function / ADL
	  • Assignment 2 - Creating Functionalities

10:15 am	Break

10:30 am	**Retrain Functional Mobility—Faculty Demo**
	• **Level 3 — Rebuilding Function**
	  • Apply Exercise***4***BrainChange® principles in treatment
	  • Introduce standalone and advanced Boosts
	  • Progress motor and cognitive challenge of Level 1-2 skills
	  • Integrate those skill progressions into real world complexity and specificity
	  • Review the role of equipment in enhancing learning

11:30 am	Break

11:45 am	**Retrain Functional Mobility—Interactive Case Studies**
	• **Level 3 — Designing an Intervention**
	  • Integrate the **PWR!***Moves* curriculum into person-centered, task-specific or goal-directed activities while applying Exercise***4***BrainChange principles
	  • Assignment 3 - Interactive Case Studies

1:00 pm	**Sustaining Function** • **Integrating PWR!***Moves* into home exercise plans and ADL • Getting your grad groups started
1:15 pm	• More Participant Q&A • **PWR!***Moves* Resources
1:30 pm	End of **PWR!***Moves* Therapist Recertification Workshop

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®, 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®

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.

Claire McLean, PT, DPT,
Board Certified Neurologic Clinical Specialist

Dr. Claire McLean is a Board Certified Neurologic Clinical Specialist. She graduated with a doctorate in physical therapy from the University of Southern California and has specialty training through the University of Southern California/Rancho Los Amigos Neurologic Physical Therapy Residency program.

At Hoag Hospital, an NPF Care Center, Dr. McLean works in the outpatient rehabilitation clinic primarily with clients with neurologic dysfunction with an emphasis on Parkinson's disease and other movement disorders. She is on an interdisciplinary assessment and intervention team for patients prior to, and after receiving DBS surgery. Dr. McLean also coordinates and instructs multiple community exercise classes for individuals with PD following physical therapy.

Dr. McLean also is an Adjunct Faculty member instructing in USC's entry-level doctorate program. She has instructed in continuing education courses on the topics of self-efficacy and executive function training for patients with neurologic dysfunction as well as for the LSVT®BIG program. Dr. McLean has research experience working as an intervention therapist on the LEAPS (Locomotor Experience Applied Post-Stroke) trial, and on multiple studies investigating the effect of exercise in people with Parkinson disease. She was the primary blinded evaluator for the California sites of the ICARE (Interdisciplinary Comprehensive Arm Rehabilitation Evaluation) trial.

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.

Lori Dodd, PT

Lori earned her undergraduate degree at the University of Iowa in 1985. She attended Chicago Medical School in North Chicago, now named Rosalind Franklin University of Medicine and Science. She graduated with her bachelor's degree in physical therapy in 1987. She became a PWR!Moves Certified Therapist in 2016, a PWR!Moves Certified Instructor in 2017, and a Rock Steady Boxing affiliate and coach in 2018. Now, after nearly 32 years of practicing in a variety of settings, she works in the home healthcare field, offering wellness classes to people with Parkinson disease through her private practice, Power Over Parkinson's (POP) Fitness.

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®.

Jamie Haines, PT, DScPT
Board Certified Neurologic Clinical Specialist
Dr. Haines is an Assistant Professor in the Doctoral Program in Physical Therapy at Central Michigan University. She received her Master of Science in Physical Therapy from the Grand Valley State University in 1995 and earned her DScPT from Oakland University in 2014. She is a Board Certified Neurologic Specialist through the American Board of Physical Therapy Specialties, certified in 2005 and recertified in 2015. She is a PWR! Moves Certified Therapist and teaches community exercises classes for people with Parkinson disease. She is a member of the American Physical Therapy Association, currently serving as Vice Chair of the Stroke SIG in the Academy of Neurologic PT.

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

Dr. Melanie Lomaglio brings 20 years of experience to her patients at STARS Rehab and demonstrates a commitment to lifelong learning in order to provide the most up-to-date, evidenced-based care for her patients. 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 she and her husband founded STARS Rehab in St. Augustine, Florida. In 2010, Melanie joined an elite class of clinicians when she became a Board Certified Neurologic Clinical Specialist and was recertified in 2019. Dr. Lomaglio also has 12 years of teaching experience as an Assistant Professor in an entry-level doctoral of Physical Therapy program, participates in research, and has published and presented her work in the US and internationally. Her passion at STARS Rehab is to improve the quality of life of people living with Parkinson disease. In addition to providing individual and group wellness care, she facilitates the St. Augustine Parkinson's disease support group, which offers patients and caregivers free year-round educational resources and social support via monthly meetings and partnerships with local healthcare providers.

Dana Lykins, PT, DPT

Dana Lykins received her Master of Physical Therapy and Doctor of Physical Therapy degrees from the University of Kentucky in 1999 and 2008. Dana developed her love of neuro rehab shortly after finishing PT school and has continued to practice in the outpatient neuro therapy setting for much of her 20-year career. Dana developed outpatient neuro therapy programs at two health care systems in central Kentucky to help meet the needs of the neuro population in the area. Having grown up in eastern Kentucky, Dana recognizes the need for improved medical care in rural areas, especially as it relates to neuro therapy, and is a strong advocate for better access to specialized care throughout the state. Dana is passionate about sharing her love of neuro with others, serving as adjunct faculty for UK's Physical Therapy program, participating in community presentations, clinical research, and teaching **PWR!***Moves* Therapist Training and Certification Workshops in Kentucky and across the US.

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