

PWR!Moves®

Therapist Recertification Workshop

September 2, 2021
8:00am-1:30pm Arizona Time
(11:00am-4:30pm Eastern)

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. Successfully completed another PWR!Moves Therapist Certification Workshop in 2017, 2018, or 2019.

Recertification

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

\$350 per person

\$325 per person for groups of 2-4

Additional discounts are available for groups of 5 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

Throughout the PWR!Moves Therapist Recertification workshop, participants will build on their existing knowledge of the PWR!Moves curriculum as Parkinson disease-specific functional skill training. Participants will review the Basic 4 PWR!Moves and practice deconstructing functional mobility into foundational skills shown to deteriorate and adversely affect everyday mobility for people with PD, using our new Retrain Functional Mobility™ framework's three levels of skill training. In Level 1, the focus is on mindful rehearsal of quality whole-body simple movements and their progression into high-effort repetitive "exercise." In Level 2, the focus shifts to rebuilding action sequences that mimic meaningful multidirectional transitional movements (mobility) and daily routines (functionalities). The focus of Level 3 is integrating action sequences into real world scenarios that are goal-oriented, context-, or task-specific for each client.

Participants will apply this framework, in conjunction with their clinical decision-making skills to systematically progress motor and cognitive challenges to expertly 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 throughout the workshop, as well as video case studies, as participants gain facility in implementing the RFM framework to achieve personalized, client-specific functional mobility goals as well as understanding the importance of community exercise programs as a means of practicing skills learned in therapy and sustaining the benefits gained in rehabilitation.

This recertification workshop also includes all-new course materials—a fully revised course manual, new in-class activities, and new tools and handouts.

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

Objectives and Goals

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

1. Review the PWR!Moves as the foundation to retrain and sustain functional mobility.
2. Teach the PWR!Moves as PD-specific skill training and integrate them into function.
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, using our Retrain Functional Mobility™ framework.
6. Demonstrate proficient use of task-analysis and clinical decision-making 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 describe the use of curriculum components during treatment as skilled therapy in documentation.

PWR!Moves® Therapist Recertification Workshop

7:30 am AZ (10:30 am ET)	Registration
8:00 am (11:00 am)	Retrain Functional Mobility—Group Practicum <ul style="list-style-type: none"> • Level 1— Deconstructing Function <ul style="list-style-type: none"> • 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 (12:30 pm)	Retrain Functional Mobility—Faculty Demo <ul style="list-style-type: none"> • Level 2 — Rehearsing Action Sequences <ul style="list-style-type: none"> • Mobility and transitional sequences—horizontal, vertical, and multidirectional • Functionality—salient sequences that mimic function / ADL • Assignment 2 - Creating Functionalities
10:15 am (1:15 pm)	Break
10:30 am (1:30 pm)	Retrain Functional Mobility—Faculty Demo <ul style="list-style-type: none"> • Level 3 — Rebuilding Function <ul style="list-style-type: none"> • Apply Exercise4BrainChange® 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 (2:30 pm)	Break
11:45 am (2:45 pm)	Retrain Functional Mobility—Interactive Case Studies <ul style="list-style-type: none"> • Level 3 — Designing an Intervention <ul style="list-style-type: none"> • Integrate the PWR!Moves curriculum into person-centered, task-specific or goal-directed activities while applying Exercise4BrainChange principles • Assignment 3 - Interactive Case Studies
1:00 pm (4:00 pm)	Sustaining Function <ul style="list-style-type: none"> • Integrating PWR!Moves into home exercise plans and ADL • Getting your grad groups started
1:15 pm (4:15 pm)	<ul style="list-style-type: none"> • More Participant Q&A • PWR!Moves Resources
1:30 pm (4:30 pm)	End of PWR!Moves Therapist Recertification Workshop



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.



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.



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.

References

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