

PWR! Moves[®] Therapist Training and Certification Workshop

Date

September 29-30, 2018

Location

J. Walter Cameron Center
Auditorium
95 Mahalani St.
Wailuku, HI 96739



Eligible Participants

Physical and Occupational Therapists, Physical and Occupational Therapist Assistants
Limited spots available for students enrolled in masters or doctoral programs

Approved for 1.4 CEUs

Arizona Physical Therapy Association (17-0244)
Arkansas State Board of Physical Therapy
California Physical Therapy Association (CPTA #17-364)
Florida Physical Therapy Association (20-459054)
Kansas Physical Therapy Association (CEUL011532)
Kansas Occupational Therapy Association
American Physical Therapy Association of Massachusetts (MA-15-11-4)
Montana Chapter of the American Physical Therapy Association
Nevada State Board of Physical Therapy Examiners
North Dakota Physical Therapy Association
Ohio Occupational Therapy Association (160113)
Oklahoma State Board of Physical Therapy (201501507)
Texas Physical Therapy Association (62192TX)
Virginia Occupational Therapy Association (01-2017-01)

Approved for 1.45 CEUs

Minnesota Board of Physical Therapy (#9045)
New Jersey Board of Physical Therapy (pending)
American Physical Therapy Association of Ohio (17S5030)

Approved for 1.475 CEUs

Connecticut Physical Therapy Association
Hawaii Board of Physical Therapy (18-015)
Texas Occupational Therapy Association (438-01)
West Virginia Board of Physical Therapy (PWR-F18-01)

Approved for 1.5 CEUs

Florida Board of Occupational Therapy (20-619285)
Kentucky Physical Therapy Association (94-IPKTA-14)
Michigan Physical Therapy Association (CEUL017165)
North Carolina Physical Therapy Association (17-084)
Pennsylvania State Board of Physical Therapy (#PTCE007954)

Registration Fees

\$550 per person

\$525 per person for groups of 2-4

Discounted rates available for BAYADA Home Health Care employees
For information about graduate student and other discounts for larger groups, email
workshops@pwr4life.org.

For more information email us at workshops@pwr4life.org, or to register online, visit
www.pwr4life.org.

Implement PD-specific research-based exercise programs now!

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

PWR!Moves[®] Therapist Workshop Training and Certification Course Description

Recent advances in basic and clinical science research suggest exercise and learning approaches may protect, repair, and optimize function in persons with Parkinson disease (PD).¹⁻¹² To be effective, proactive rehabilitation paradigms are needed that deliver ongoing programming for life, starting at diagnosis, and that are guided by the essential principles of learning and neuroplasticity.¹² Participants will be introduced to a comprehensive research-based framework called Exercise4BrainChange[®] to guide clinicians in how to implement essential principles of learning and neuroplasticity identified in the literature to real world practice. Techniques will be described that advocate forced use, progressive difficulty, reinforcement, active engagement, empowerment, attention to action, sensory awareness training, and neural readiness (e.g., aerobic conditioning, mental imagery). Each of these principles is rooted in research in exercise science, motor control, and motor learning. This framework will be integrated with an understanding of the pathophysiology of Parkinson's disease for greater specificity of training.

PWR!Moves are building blocks for everyday movement and involve the performance of whole-body, large amplitude, "big" movements in multiple postures (e.g., prone, supine, all 4's, sitting, standing). The Basic 4 | **PWR!Moves**, **PWR! Up**, **PWR! Rock**, **PWR! Twist**, and **PWR! Step**, are taught as essential functional exercises which target the primary symptoms of PD, including bradykinesia, rigidity, and incoordination. They provide the repetition and specificity of training ideal for people with PD and can be scaled up or down across disease severity, integrated into function/ADL/lifestyle, implemented across disciplines (e.g., physical therapy, occupational therapy, speech therapy) and settings (therapy and community), and reinforced in conjunction with other research-based exercise programming such as treadmill, cycling, pole walking, yoga, boxing, dance, and Tai Chi. Exercise4BrainChange framework applied to **PWR!Moves** allows for a comprehensive PD-specific approach that can target the multiple motor, sensory, cognitive, and emotional symptoms of PD.

Participants will have the opportunity to practice **PWR!Moves** and incorporate E4BC[®] techniques while getting feedback from **PWR!Moves** faculty. They will also watch live demos of **PWR!Moves** and their use in treatment of volunteers with PD working with **PWR!Moves** faculty. Video cases and an interactive format will be used to discuss treatment plan essentials, to introduce specific exercises and various progressions, and to illustrate the real-world implementation of this framework across disease severity levels. Participants will be able to develop comprehensive neuroplasticity-principled, PD-specific treatment plans that integrate other evidenced-based approaches and account for disease severity, symptoms, co-morbidities, preferred forms of exercise and activity, capacity for learning, and age.

The clinical translation of neuroplasticity-principled approaches for people with PD is dependent upon overcoming many challenges. Environments for learning are needed that embrace an atmosphere of empowerment, motivation, social enrichment, and function. Regional networks of **PWR!Moves** exercise experts are needed to advocate for early assessment and intervention, ongoing exercise, enrichment, and coordination with existing community fitness resources and local Parkinson foundations. We will describe how a Model Community NeuroFitness Center for people with Parkinson disease may offer a potential solution through partnerships with healthcare systems, Parkinson foundations, and through the training of local networks of **PWR!Moves** Certified PD exercise experts.

Objectives and Goals

Upon completion of the course, participants will be able to:

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 (aerobics and skill acquisition) to the forefront in PD 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 lifelong comprehensive PD-specific program.
5. Perform the Basic 4 | **PWR!Moves** in 5 positions: prone, supine, all 4's, sitting, standing, and explain how they target foundational skills that become impaired in people with PD and how that interferes with functional mobility.
6. Vary the goal of how the Basic 4 | **PWR!Moves** are instructed and explain how that may differentially target multiple symptoms of PD (e.g., rigidity, bradykinesia, incoordination, automaticity).
7. Describe how working on each of the Basic 4 | **PWR!Moves** provides a PD-specific approach to targeting general fitness problems related to flexibility, strength, coordination, balance, and posture.
8. Demonstrate how **PWR!** Boosts can be a stand-alone program or integrated into **PWR!Moves** exercises and discuss why they are important for PwP.
9. Demonstrate effective use of Exercise4BrainChange[®] principles (e.g., modeling, mental imagery, attentional focus, external cues, instruction, and reward-based and task-specific feedback) to achieve optimal performance and learning.
10. Explain the significance of implementing **PWR!Moves** as a foundation for PD-specific exercise programming across settings (i.e., therapy and community) that can be integrated into task-specific training, incorporated into research-based community exercise programming (e.g., treadmill, cycling, pole walking, yoga, boxing, dance, Tai Chi), or delivered as a stand-alone exercise program for functional mobility.
11. Develop a treatment plan for individuals with different disease severities that includes **PWR!Moves** and progressive aerobic training.
12. Describe factors (e.g., motor and non-motor symptoms, environmental, personal, psychosocial, etc.) which need to be considered when developing and adapting an exercise prescription that integrates intensive bouts of therapy with community exercise resources in order to optimize functional mobility benefits over a lifetime.
13. Discuss the unmet needs in PD rehabilitation and possible solutions to their resolution through novel paradigms and community partnerships.

PWR!Moves® THERAPIST WORKSHOP SCHEDULE - DAY 1

YELLOW = Practicum sessions with PwP

8:30 am	Registration
9:00 am	Introduction PWR! vision for healthcare for PwP (people with Parkinson disease)
9:30 am	Overview of Parkinson disease (PD)
10:45 am	BREAK
11:00 am	Exercise as medicine in Parkinson disease – The why, what, and how
12:00 pm	Basic 4 PWR!Moves® - GROUP PRACTICUM <ul style="list-style-type: none"> • Basic 4 PWR!Moves prone / supine / all 4's / sitting / standing • PREPARE / ACTIVATE / FLOW (positional flow) • Connect to symptoms (e.g., rigidity, bradykinesia, incoordination) • Connect to function application • BOOSTS integrated • Adaptations / simple equipment for cues / targets
1:30 pm	LUNCH (provided)
2:30 pm	Basic 4 PWR!Moves GROUP PRACTICUM with PwP (n = 2-3) <ul style="list-style-type: none"> • Demo what they will do in the small group practicum with a PwP • Demo simple equipment, feedback, and adaptations for high quality practice
3:30 pm	Basic 4 PWR!Moves GROUP PRACTICUM <ul style="list-style-type: none"> • Practice how you will teach one of the Basic 4 PWR!Moves to a PwP
4:00 pm	Basic 4 PWR!Moves – Small Group PRACTICUM with PwP (n = 2-3) <ul style="list-style-type: none"> • Teach one of the PWR!Moves to a PwP
5:00 pm	BREAK
5:15 pm	Basic 4 PWR!Moves – Cognitive / Motor Challenges GROUP PRACTICUM <ul style="list-style-type: none"> • Debrief Practicum • Basic 4 PWR!Moves walking (plus variations; pole walking) • Basic 4 PWR!Moves transitions (evolutions and other variations) • Introduce Basic 4 PWR!Moves functional flows
7:00 pm	End of Day 1

(schedule subject to change)

PWR! Moves® THERAPIST WORKSHOP SCHEDULE - DAY 2

YELLOW = Practicum sessions with PwP

8:15 am	PWR! Pearls Evidence for learning in PD: How to optimize learning in PD
9:45 am	Basic 4 PWR! Moves Motor / Cognitive Challenges GROUP PRACTICUM <ul style="list-style-type: none"> • Review Basic 4 PWR! Moves (flows with boosts) • Add variation ideas in each position • Review Basic 4 PWR! Moves transitions (evolutions) • Introduce stand alone or advanced boosts (for attention vs. cognition) • Create task-specific / functional progressions • Overview practicum equipment stations to enhance learning
11:00 am	BREAK
11:15 am	Task-Specific GROUP PRACTICUM - Faculty Demo with PwP (n=2) <ul style="list-style-type: none"> • Integrate PWR! Moves into rehab through exercise / task-specific progressions (e.g., gait / agility, balance, stepping, turning, fall prevention, bed mobility, posture, strength, function, dexterity, sports / lifestyle, eye boosts) • Apply Exercise4BrainChange® principles • Use equipment to enhance learning (assist / guide / challenge / empower)
12:45 pm	LUNCH (provided)
1:45 pm	PWR! Moves Rehab Program Implementation - Discussion <ul style="list-style-type: none"> • Discuss volunteer practicum cases and propose a plan of care • Additional advanced cases • Refer to symptoms / principles table
3:00 pm	Barriers to Exercise as Medicine and Implications for Healthcare
3:25 pm	PWR! Professionals and you! Building your local PWR! networks, from rehab to community and back!
3:45 pm	End of Day 2 – THE END!

(schedule subject to change)

WELCOME TO THE PARKINSON EXERCISE REVOLUTION!

Faculty

Becky G. Farley, PhD, MS, PT

Dr. Farley 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 has over 30 years' experience in neurological rehabilitation and is currently the Chief Research Officer and Founder of the nonprofit Parkinson Wellness Recovery | **PWR!**[®] and a Physiology Associate at the University of Arizona. During her post-doc, Dr. Farley studied bradykinesia, developed the LSVT BIG[®] exercise program, and completed an NIH funded randomized clinical trial documenting its short-term efficacy (3-months).

Dr. Farley is now training clinicians and fitness professionals to be PD-exercise experts to ensure the foundations of large amplitude functional training and other essential research-components are implemented into a comprehensive PD-specific exercise and integrated throughout the Parkinson's community. She is advocating that local PD-exercise experts join forces to allow people with PD to have access to comprehensive neuroplasticity-principled exercise programming for life, beginning at diagnosis. This is the type of paradigm shift that is necessary to truly slow disease progression. On February 2012, the doors to the first **PWR!Gym**[®], a Model Community Neuro Fitness Center for people with Parkinson disease, were opened in Tucson, AZ to truly implement **exercise as medicine**.

Maria Allen, PT

Maria has over 30 years of experience working with patients, primarily in the area of neurological rehab for people with traumatic brain injuries and strokes. She has worked with people with Parkinson disease throughout her career but began to focus on the PD population in 2011. She is a **PWR!Moves** Certified Therapist and a **PWR!Moves** Instructor. Maria began attending Parkinson's-related conferences including the ATTP (Allied Team Training for Parkinson's) put on by the National Parkinson's Foundation and the International Movement Disorder Society in November 2014, as well as the International Movement Disorders Congress in San Diego in June 2015. She has worked in outpatient settings and is currently focused on developing comprehensive programs for therapists to work with people with PD in home health care. Maria is teaching **PWR!Moves** exercise classes 2 days per week and finds it to be very empowering (and fun!). Her involvement with her local Parkinson's support groups includes serving as their Newsletter Editor. Maria regularly hosts **PWR!Moves** Therapist and **PWR!Moves** Instructor Training and Certification workshops at her workplace in San Luis Obispo.

References

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3. Farley BG, Fox CM, Ramig LO, McFarland, D. Intensive amplitude-specific therapeutic approaches for Parkinson disease: Toward a neuroplasticity-principled rehabilitation model. *Top Geriatr Rehabil* 2008;24(2):99-114.
4. Farley BG. Developing Parkinson'-specific exercise programs. *J Active Aging*, 2004;Sept/Oct:22.
5. Farley BG. 2014. **PWR!Moves®**. *Make FUNction Exercise! A PWR!Guide to a Parkinson-Specific Home Exercise Program*. Tucson, AZ: Wheatmark.
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