



## PWR!Moves® Instructor Training and Certification Workshop



**Date**  
December 10-11, 2019

**Location**  
Still & Moving Center  
1024 Queen Street  
Honolulu, HI 96814



### Eligible Participants

Certified Personal Trainers, Group Fitness Instructors, PTs, PTAs, OTs, COTAs, and individuals holding a 2- or 4-year degree in health, exercise science, recreation, or physical activity-related field with at least 2 years of experience

### Approved for 1.5 CECs

American Council on Exercise (ACE, CEP39449)  
American Academy of Sports Medicine (ACSM, 746775)  
Aerobics and Fitness Association of America (AFAA, 12095)  
National Academy of Sports Medicine (NASM, 2007)

### Registration Fees

\$550 per person  
\$525 per person for groups of 2 or more  
Check out our website for Early Bird pricing!

For more information email us at [workshopsinfo@pwr4life.org](mailto:workshopsinfo@pwr4life.org), or to register online, visit [www.pwr4life.org](http://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® Instructor Workshop Training and Certification Course Description**

Recent advances in basic and clinical science research suggest that exercise and learning approaches that promote aerobics and skill acquisition may protect vulnerable neurons, repair damaged circuits, and optimize function in people with Parkinson disease (PD). Participants will learn a PD-specific approach to skill acquisition called **PWR!Moves**. **PWR!Moves** is a standalone exercise program that can also be integrated into other exercise approaches. The Basic 4 | **PWR!Moves** (**PWR!** Up, **PWR!** Rock, **PWR!** Twist, **PWR!** Step) are building blocks for everyday movement and are always performed with large amplitude, high effort, and attention to action in multiple positions (prone, supine, all 4's, sitting, standing). Participants will learn how to use these foundational **PWR!Moves** exercises to target symptoms that interfere with everyday movement.

- Rigidity-- **PWR!Moves** are performed slowly, rhythmically, and with sustained effort.
- Bradykinesia—**PWR!Moves** are performed as fast as possible with repetitive effort.
- Incoordination—**PWR!Moves** are linked together into longer and longer sequences that mimic everyday movement.
- Automaticity—**PWR!Moves** are performed in conjunction with everyday motor and cognitive tasks.

This course will provide participants with the background and skills to apply an evidence-based PD-specific approach to teaching group fitness classes or personal training. Participants will learn two group exercise class formats (**PWR!Moves** Group or **PWR!Moves** Circuit). Both of these class formats can be adapted for individuals with minimal to moderate levels of disease severity. Participants will have the opportunity to participate in **PWR!Moves** classes, develop class activities, and teach **PWR!Moves** while interacting with **PWR!** faculty and people with Parkinson disease during the workshop.

Participants will also be introduced to how to implement essential principles of learning and neuroplasticity rooted in exercise science, motor control, and motor learning research. When applied, these principles combine to help people with PD achieve optimal improvement to quality of life, function, and symptoms, and slow the progression of PD. Instructors will learn to use the group class structure, feedback, and a variety of instructional methods to empower and educate class participants. The course will emphasize promoting an environment well-suited to learning that embraces an atmosphere of empowerment, motivation, social enrichment, and fun! The goal for individuals with PD is that they not only improve their performance in the class, but that they learn to recognize when they need to self-correct their slow/small movements for better movement, posture, and balance in everyday life.

## Objectives and Goals

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

1. Implement general knowledge of PD including who gets it, what causes it, its major symptoms, and how it impacts function (e.g., mobility, balance, flexibility, coordination) in individuals with PD.
2. Describe how medications, deep brain stimulation, and symptoms (motor and non-motor) may affect an individual's ability to participate in and benefit from exercise.
3. Outline ways to design an aerobics program that is PD-specific.
4. Explain the significance of targeting the training of amplitude into function (**PWR!Moves**<sup>®</sup>) as the foundation for a PD-specific program.
5. Teach the Basic 4 | **PWR!Moves** in different positions (prone, supine all 4's, sitting, standing) in a group format.
6. Explain how the goals of PREPARE, ACTIVATE, and FLOW target the primary symptoms of PD and incorporate examples of each concept.
7. Identify how each of the Basic 4 | **PWR!Moves**, in combination with different positions, can be used to target common PD-specific problems related to flexibility, strength, coordination, balance, and posture.
8. Demonstrate how each of the **PWR!** Boosts can be integrated into **PWR!Moves** exercises and be prepared to discuss their purpose and their importance.
9. Use modeling, mental imagery, voice, cues, instruction, and reward-based feedback to achieve optimal alignment, motor output (effort), and engagement.
10. Discuss how **PWR!Moves** can be integrated into function/ADL/lifestyle during a class activity.
11. Explain how **PWR!Moves** may be implemented across settings (therapy or community), and reinforced in other community research-based exercise programming (e.g., treadmill, cycling, pole walking, yoga, boxing, dance, Tai Chi).
12. Demonstrate how **PWR!Moves** in different positions may be adapted for individuals with different disease severity levels or comorbidities.
13. Integrate the **PWR!Moves** into a circuit format using more typical fitness equipment or other approaches that require individuals to work more independently, and demonstrate how its difficulty or complexity may be increased for different individuals.
14. Describe high-risk fall activities and scenarios, as well as means of reducing fall risk during a class (e.g., using attentional strategies, cues, equipment, class organization, feedback, and modeling/mental imagery).

## PWR!Moves® Instructor Training and Certification Workshop – Day 1

7:30 am	Registration
8:00 am	Introduction <b>PWR!</b> vision for healthcare for PWP (people with Parkinson disease)
8:30 am	Overview of PD / symptoms
9:30 am	Break
9:45 am	Exercise as medicine in Parkinson disease – The why, what, and how
11:00 am	Group Practicum -- Basic 4   <b>PWR!Moves</b> ® <ul style="list-style-type: none"> <li>• Basic 4   <b>PWR!Moves</b> in prone, supine, all 4's, sitting, standing</li> <li>• Prepare / Activate</li> <li>• Connect to symptoms (e.g., rigidity, bradykinesia, incoordination)</li> <li>• Integrate Boosts</li> </ul>
12:30 pm	Lunch on your own
1:30 pm	Master and Group Demo Class – Basic 4   <b>PWR!Moves</b> <ul style="list-style-type: none"> <li>• Observe and participate</li> <li>• <b>PWR!Moves</b> Intro Class – template and checklist</li> </ul>
2:30 pm	Group Demo Class – Basic 4   <b>PWR!Moves</b> <ul style="list-style-type: none"> <li>• Highlights / discussion of group demo class</li> <li>• Common problems, goals, symptoms, safety concerns</li> </ul>
2:45 pm	Group Practicum -- Basic 4   <b>PWR!Moves</b> <ul style="list-style-type: none"> <li>• <b>PWR!Moves</b> goals: Flows and Boosts</li> </ul>
3:30 pm	Break
3:45 pm	Group Practicum -- Basic 4   <b>PWR!Moves</b> , Cognitive and Motor Challenges <ul style="list-style-type: none"> <li>• Debrief Practicum</li> <li>• Basic 4   <b>PWR!Moves</b> walking (plus variations; pole walking)</li> <li>• Basic 4   <b>PWR!Moves</b> transitions (evolutions and other variations)</li> <li>• Introduce Basic 4   <b>PWR!Moves</b> functional flows</li> </ul>
4:30 pm	Group Activity -- Teach us one of the <b>PWR!Moves</b> <ul style="list-style-type: none"> <li>• Use Section 2 to practice a Prepare, Activate, and Boost</li> </ul>
4:45 pm	Group Practicum -- Basic 4   <b>PWR!Moves</b> <ul style="list-style-type: none"> <li>• Teach your <b>PWR!Moves</b> to the group</li> <li>• Review manual: checklist, teaching tips, <b>PWR!Moves</b> class variations</li> </ul>
5:30 pm	End of Day 1

Note:

- Blue indicates practicum sessions with PWP
- Schedule subject to change

## PWR!Moves® Instructor Training and Certification Workshop – Day 2

8:00 am	Introduction to learning principles – Exercise4BrainChange® techniques
8:45 am	<b>PWR!Moves</b> Circuit Overview <ul style="list-style-type: none"> <li>• Introduce equipment and demo a circuit station progression</li> </ul>
9:15 am	Group Practicum-- Develop a <b>PWR!Moves</b> circuit station with 3-4 variations <ul style="list-style-type: none"> <li>• In pairs, assign equipment and <b>PWR!Moves</b> participation</li> </ul>
9:50 am	Break
10:00 am	Group Practicum with PWP -- <b>PWR!Moves</b> Circuit <ul style="list-style-type: none"> <li>• With a partner, take turns instructing your station with each volunteer</li> <li>• Include additional progressions</li> </ul>
11:30 am	Group Practicum – Integrating Equipment
12:00 pm	Lunch on your own
1:00 pm	Group Practicum with PWP -- <b>PWR!Moves</b> Circuit <ul style="list-style-type: none"> <li>• Highlights, class descriptions, and templates</li> <li>• Review E4BC chart and implementation</li> <li>• Discuss adaptations / modifications</li> </ul>
1:30 pm	Getting your own <b>PWR!Moves</b> classes started <ul style="list-style-type: none"> <li>• Screening, class criteria, equipment, technology, volunteers</li> </ul>
2:15 pm	Exercise4BrainChange® Essentials Review <ul style="list-style-type: none"> <li>• Barriers</li> <li>• Empowerment and reducing stress - importance of social support (breathing, mediation, education, etc.), counseling, and education</li> </ul>
2:45 pm	Becoming part of a <b>PWR!Moves</b> exercise expert network <ul style="list-style-type: none"> <li>• Combining therapy and community exercise programs</li> <li>• Class descriptions and credentials</li> </ul>
3:00 pm	End of Day 2

Note:

- Blue indicates practicum sessions with PWP
- Schedule subject to change

**Welcome to the Parkinson Exercise Revolution!**

## NeuroFit Faculty



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

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**

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, DPT, NCS** **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®, PYT, CPI**



**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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