

PWR!Moves®

Therapist Recertification Workshop: Refresher

Date

February 5, 2024

Location

Delivered via Zoom | Arizona Time Zone

Workshop Fee

\$350 per person

Discounts available for groups of 4 or more



What will you learn?

- How to more effectively utilize the PWR!Moves® within the “Retrain Functional Mobility” Framework in rehabilitative therapy.
- How you can use PWR!Moves® to target specific Parkinson symptoms, including rigidity, bradykinesia, incoordination, and reduced self-awareness.
- How to expertly adapt and provide feedback in your therapy interventions to optimize quality of practice.
- How to drive neuroplasticity using the Exercise4BrainChange techniques to optimize motor/cognitive challenge and exploit learning strategies.
- Research updates in Parkinson disease as it relates to motor control, motor learning, and clinical practice.
- How to confidently develop a personalized and PD-specific therapy intervention utilizing the framework to deconstruct and rebuild functional mobility.

Who is eligible?

- Physical Therapists, Physical Therapy Assistants
- Occupational Therapists, Occupational Therapy Assistants
- PT, PTA, DPT, OT, OTA students

For additional information see the
PWR! Workshop registration page



501(C)3 Non-Profit Organization

Are continuing education hours offered?

For details see the continuing education
information page at pwr4life.org/ceu

Earn 5-6 contact hours

My Time	AZ Time	Topic
	8:00 am	Introduction Welcome, review of workshop, and housekeeping
	8:10 am	Research Update
	8:30 am	Review the Building Blocks of Function <ul style="list-style-type: none"> • Multi-symptom Approach for Personalized Rehab • Motor/Cognitive Challenge • Exercise4BrainChange techniques • PWR!Moves® Retrain Functional Mobility Framework
	9:00 am	Level 1 Deconstructing Function Discussion & Practicum <ul style="list-style-type: none"> • Discuss focus on movement analysis/assessment • Knowledge Check with unmodified PWR!Moves® videos • Practice Basic 4 PWR!Moves®, Prepare, Activate, and Flow with modifications - adaptations and feedback cues
	10:00 am	Break
	10:15 am	Case Study Discussion & Breakout Group #1 – Retrain Functional Mobility - Level 1 Deconstruct Function <ul style="list-style-type: none"> • Collaboratively complete Breakout Worksheet and share with group
	11:00 am	Level 2 Flow Building Action Sequences/Exploring the Environment <ul style="list-style-type: none"> • Practice with adaptations and feedback cues
	11:45 am	Breakout Group #2 – Level 2 Flow <ul style="list-style-type: none"> • Collaboratively complete Breakout Worksheet and share with group
	12:15 pm	Break
	12:30 pm	Level 3 Functional Mobility/Participation <ul style="list-style-type: none"> • Discuss personalization of interventions in Level 3 • Provide examples of Level 3 interventions • Problem-solve case study
	12:45 pm	Breakout Group #3 – Level 3 Functional Mobility/Participation <ul style="list-style-type: none"> • Collaboratively complete Breakout Worksheet and share with group
	1:10 pm	Q&A Additional PWR!Moves® Resources
	1:30 pm	End of Workshop

The PWR!Moves® Therapist Refresher Recertification Workshop will update participants on the PWR!Moves® curriculum and implementation of the Retrain Functional Mobility framework to target functional mobility goals and develop a personalized exercise and activity prescription. Participants will have the opportunity to work in small groups to problem solve and utilize clinical decision-making collaboratively.

The course is designed to build upon understanding of the PWR!Moves® framework for deconstructing and rebuilding function. This comprehensive and systematic approach will provide the therapist with the tools they need to plan and implement Parkinson specific therapy in any setting and across disease severity. Throughout the live practicums and video case studies, emphasis will be on how to apply evidenced-informed learning techniques and feedback to exploit goal-directed and habitual pathways to increase success in real-life functional mobility conditions.

Participants will be provided opportunities to expand upon their existing knowledge base of the Basic 4 PWR!Moves® as the building blocks of PD-specific functional skill training. Adaptations and Advanced PWR!Moves® will be included. Video case studies will be presented to illustrate how to use the framework and to provide participants the opportunity to plan goal-based interventions applying the framework. This collaboration will empower workshop participants to develop specific and effective plans of care for their Parkinson clients/patients.

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

Methods of Instruction

- Brief lectures with time for Q&A and response to chat.
- Interactive practicums with faculty and whole group instruction including practice with feedback (via Zoom) and integrated Q&A throughout the practicum.
- Faculty debriefs with chat and time to answer questions and discuss highlights.
- Pre-recorded video cases showing therapists implementing the framework with people with PD of varying disease severity.
- Breakout group sessions to provide participants an opportunity to collaboratively design therapy interventions utilizing the PWR!Moves® Framework.

Course Objectives and Goals

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

1. Explain the importance of the Basic 4 PWR!Moves® skills and how they relate to PD-specific functional mobility, activity, and participation challenges.
2. Effectively address their patients/clients PD-specific symptoms – rigidity, bradykinesia, incoordination/balance, and reduced self-awareness, utilizing the PWR!Moves® Method of Instruction (Prepare, Activate, Flow, Boosts).
3. Adapt (regress/progress) therapy interventions to optimize quality of practice while utilizing the PWR!Moves® framework.
4. Utilize feedback techniques and use of simple equipment to exploit goal-directed and habitual behaviors for success in practice conditions.
5. Use the Exercise4BrainChange techniques to challenge physical effort, attentional focus, and cognitive and emotional engagement for all patients/clients.
6. Effectively use PWR!Moves® Boosts as a stand-alone tool or as a component integrated with other PWR!Moves® exercises.
7. Confidently develop a personalized and PD-specific therapy intervention utilizing the framework to deconstruct and rebuild functional mobility.



Becky G. Farley, PT, MSPT, PhD

Dr. Becky Farley is a physical therapist, neuroscientist, Parkinson exercise specialist, 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, emphasizing 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.



Shelley Hockensmith, PT, MPT

Shelley Hockensmith is a physical therapist with nearly 20 years of experience in outpatient neurological rehab settings. She graduated from the University of Evansville with her MPT in 2003 and in 2008 became a Board Certified Neurologic Clinical Specialist re-certifying in 2018. She has experience in private practice and hospital-based multi-disciplinary neurologic teams working with people with neurological disorders such as stroke, multiple sclerosis, brain injuries, spinal cord injuries, and movement disorders. She also was fortunate to work in a specialized vestibular and balance disorder clinic as both clinician and coordinator with a team of

audiologists and physical therapists. As an avid believer in the power of exercise for people with Parkinson Disease, she became certified in LSVT BIG in 2007, attended one of the first PWR!Moves workshops, and eventually began working at the PWR!Gym in 2019 as a PWR! Moves Certified Therapist. She joined the PWR!Moves faculty in 2022.



Maria Allen, PT

Certificate of Advanced Competency in Home Health

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 a physical therapist, Board-Certified Neurologic Clinical Specialist, Certified Exercise Expert for Aging Adults, Professional Yoga Therapist, and certified Pilates instructor. Dorkoski specializes in the rehabilitation of adults with Parkinson's disease and vestibular dysfunction. With over 20 years of clinical experience, she serves as lead therapist and mentor on the neurologic team at Allied Services Heinz Rehab outpatient center in Wilkes-Barre, PA. Dorkoski's treatment philosophy is to provide evidence-based, "whole person" care. She enjoys coupling this approach with the advanced technologies available at her facility. Dorkoski earned her BS in health science and MS in physical therapy from Misericordia University, doctorate in physical therapy from Temple University, and Certificate in Vestibular Rehabilitation from the American Physical Therapy Association. She is an LSVT BIG® and PWR! Moves® Certified Therapist and past PWR! Retreat volunteer. Dorkoski is a long-term 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. Dorkoski has taught continuing education courses for the Pennsylvania Physical Therapy Association and appeared as an expert panelist on public television programs. Additionally, Dorkoski is a 2022 Parkinson's Foundation Community Grant awardee and facilitates her local Parkinson's support group.

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10. Marusiak J, Fisher B, Jaskólska A, et al. Eight Weeks of Aerobic Interval Training Improves Psychomotor Function in Patients with Parkinson's Disease—Randomized Controlled Trial. *Int J Environ Res Public Health*. 2019;16(5):880. doi:10.3390/ijerph16050880
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PWR! uses the latest research to inform our programs, workshops, and resources. The full body of research referenced during the workshop is updated regularly and can be viewed at:

pwr4life.org/research