

## Instructor Recertification Workshop

Strategies and Tools for Improving Common Gait Challenges  
Across Disease Severity in Parkinson Disease

### Date

March 22, 2025

### Location

Delivered via Zoom  
Eastern Time

### Workshop Fee

Cost \$275 per person

*Discounts available for groups of 2 or more*



### In this workshop you will learn:

- How to address multiple gait challenges, including freezing of gait and festination in an exercise setting to optimize performance and learning
- New research ideas that you can implement to target those most frustrating gait challenges.
- To employ “quick fixes or rescue” strategies to allow your participants with PD to walk with more confidence and better quality beyond the group class or personal training environment.
- To apply constructs from the PWR!Moves “Retrain and Sustain Physical Activity” framework to improve walking and safety in fitness activities, either 1:1 and/or group.

### Who is eligible?

#### NCCA recognized eligibility criteria

- ◆ Certified Personal Trainers
- ◆ Group Fitness/Exercise Instructors
- ◆ Strength and Conditioning Specialists
- ◆ Athletic Trainers (ATC)
- ◆ Recreational Therapists (CTRS)
- ◆ Exercise Physiologists with a current certification recognized by NCCA

#### Non-NCCA recognized eligibility criteria

- ◆ Physical Therapists, Physical Therapist Assistants
  - ◆ Occupational Therapists, Occupation Therapist Asst.
  - ◆ Kinesiotherapists (RKT) with state licensure or cert.
  - ◆ Yoga Teachers\* are required to have completed at least a 200-hour yoga teacher training program
  - ◆ Pilates Instructors\* are required to have completed at least a 450-hour Pilates teacher training program
- \*Not all programs may be eligible; please contact PWR! Education Department to determine eligibility*

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  
<https://www.pwr4life.org/ceu-information/>

My Time	Eastern Time	Topic
	10:00 am	<b>Introduction</b> Welcome, review of workshop, and housekeeping
	10:10 am	<b>Gait Challenges in Parkinson disease</b> <ul style="list-style-type: none"> <li>• Impairments along disease severity</li> <li>• Quick Screening/Assessment Considerations</li> </ul>
	10:30 am	<b>Strategies for Gait Challenges</b> <ul style="list-style-type: none"> <li>• Classification of strategies</li> <li>• Examples of each strategy <ul style="list-style-type: none"> <li>○ Chart &amp; Videos</li> </ul> </li> </ul>
	11:15 am	<b>Practicum #1 – Gait Group Class</b> <ul style="list-style-type: none"> <li>• Level 1 – PWR!Up, Rock, Twist, Step; Add chart</li> <li>• Level 2 - Attentional Walking</li> <li>• Level 3 – Walking with complexity (set switching, inhibition, dual task)</li> </ul>
	<b>12:00 pm</b>	<b>Break</b>
	12:10 pm	<b>Practicum #2</b> <ul style="list-style-type: none"> <li>• Research based exercise to target gait strategies and improve FOG <ul style="list-style-type: none"> <li>○ MD Stepping RAS</li> <li>○ ABC-C</li> <li>○ DT Balance &amp; Gait w/ AOT &amp; MI</li> <li>○ Adaptive Resistance Training w/ Instability</li> </ul> </li> </ul>
	1:00 pm	<b>Triggers and Rescue Strategies for FOG / Festination</b> <ul style="list-style-type: none"> <li>• Handout of Triggers; Implications for Environmental setup</li> </ul>
	1:15 pm	<b>Considerations for Bidirectional Collaboration with Rehab Specialists</b> <ul style="list-style-type: none"> <li>• Safety in a group</li> <li>• Unique deficits requiring 1:1 (uncontrolled festination, retropulsion)</li> </ul> <b>Q&amp;A</b> Additional PWR!Moves® Resources
	1:30 pm	<b>End of Workshop</b>

The PWR!Moves Instructor Recertification Workshop is designed to advance your knowledge when exercising with your group class participants or individual clients who are experiencing gait challenges that can increase fall risk. These challenges may vary depending on each person's disease severity. In early Parkinson disease (PD), symptoms are primarily present on one side of the body, walking speed is already slower, arm swing decreased, and timing is impaired (arrhythmicity). As symptoms progress to moderate PD, symptoms are now bilateral and gait is characterized by shuffling, narrow base of support, postural changes, and reports of freezing of gait (FOG) and/or festination. Along the transition to advanced stages, all those impairments worsen, they are at greater risk of falls, more FOG and festination, and they may need an assistive device.

The workshop is designed to provide you with an understanding of how to use multiple tools to improve gait quality and safety. For example, you will learn how to instruct different strategies, provide feedback, set up the environment, and use simple equipment to improve gait during group or individual activities. Videos will be used to illustrate the use of different categories of strategies: external cues, internal cues, changing the balance requirements, altering the mental state, using motor imagery and action observation, adopting a new walking pattern, and alternatives to walking. Group discussion will allow for problem solving and sharing ideas for what may work best for different clients or for different activities, no matter what their disease severity.

Constructs from the PWR!Moves "Train and Sustain Physical Activity" framework will be reviewed. You will also learn about new research and have an opportunity to practice exercises from those studies that target FOG/Festination and other gait challenges at any stage of the disease process. Participants will be provided with sample group class templates that target improvements in gait for all your PD clients.

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

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

1. Recognize common gait problems in PD of varying disease severity, including freezing of gait and festination
2. Identify the different categories of strategies for improving gait problems when instructing group classes or personal training through video examples
3. Instruct different examples of each category of gait strategies to improve performance and carryover in a group or personal training setting.
4. Utilize other types of feedback or simple equipment or environmental set up to optimize success in an exercise setting
5. Implement ideas from recent exercise research that target specific gait challenges.
6. Apply constructs from the PWR!Moves® “Retrain and Sustain Physical Activity” framework to improve walking and safety in fitness activities, either 1:1 and/or group.
7. Consider the roles of bi-directional collaboration of fitness and rehabilitation for our people with PD managing gait challenges.

- Lectures with integrated polls and response to chat.
- Video cases to illustrate examples of gait problems or gait strategies across disease severity with chat to show understanding.
- Interactive practicums with faculty & whole group instruction to practice using the PWR! Moves Retrain & Sustain Physical Activity framework to target gait specific training with time for integrated questions and answers throughout the practicum.
- Interactive faculty & whole group instruction to practice research-based exercises focused on improving gait strategies that can be integrated into group and/or personal training programming with feedback (Q&A, chat, polls) to show modifications (adaptations, progressions).



### **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<sup>®</sup>, the first whole-body, amplitude-focused, physical and occupational therapy exercise approach for individuals with PD. Dr. Farley also created PWR!Moves<sup>®</sup>, 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 20 years and is now focusing on publishing data from the Tucson-based PWR!Gym<sup>®</sup> 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<sup>®</sup>**

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<sup>®</sup> Certified Instructor, Certified Exercise Expert

for the Aging Adult (CEEAA) and a Credentialed Balance and Fall Prevention Professional. Jennifer has delivered community, academic, and peer-reviewed presentations on Parkinson disease in the US and internationally. As an integral part of the PWR! 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 100 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.



### **Sarah Palmer, MS, Exercise Physiologist, CSCS**

Sarah is the owner and lead fitness trainer of **foreverfitness** personal training company in Cincinnati, OH, that includes studio, in home, virtual and on-demand exercise classes. She has been working as an exercise professional since 1994 and a Parkinson exercise specialist for the past 28 years. Sarah has advanced training in PD-specific exercise that includes PWR!Moves® Instructor, Rock Steady Boxing Coach, Allied Team Training for Parkinson's (ATTP), Brian Grant Foundation Parkinson Exercise Training for Professionals, and she is a Certified Strength and Conditioning Specialist (CSCS). Since 2022, Sarah has been working for Parkinson Wellness Recovery (PWR!) as Faculty for the PWR!Moves Instructor workshop. Sarah donates her time to the PWR! Retreat each year in Arizona, has been a featured speaker at the Sunflower Rev It Up for Parkinson's Symposium, presented at the Rock Steady Boxing Coaches Conference in 2018 and presented at the 2023 IDEA World Conference in LA for the Parkinson's Foundation. She is a Parkinson's Foundation Ambassador, participated in the Policy Forum in Washington, D.C. in 2019, and was on the Parkinson's Foundation Competency Development Committee to establish competencies for Exercise Professionals who work with people with Parkinson's disease. Her father had Parkinson's disease and this personal experience continues to inspire and motivate her professionally.



### **Nancy Nelson, ACE-CPT Parkinson Disease Exercise Specialist**

Nancy Nelson has over 30 years of experience in the health and wellness industry. An avid proponent of continued education and training, she holds numerous credentials, including an ACE Personal Trainer certification, Rock Steady Boxing certification, Delay the Disease certification, Brian Grant Foundation training, Group Exercise Instructor training, Tai Ji Quan Moving for Better Balance (TJQMMB) training and is a Parkinson Exercise Specialist. Nancy has worked almost exclusively with people with Parkinson disease since 2009 when she founded her company, PDEX, LLC, to offer group classes and personal training for people with Parkinson's throughout Portland, Oregon. During this time, she also taught evidence-based programs and conducted research projects with a focus on patients with Parkinson's disease and cancer for both Oregon Health Sciences University and the Oregon Research Institute. In 2016, Nancy moved to Tucson to take a role as Exercise Therapy Manager for Parkinson Wellness Recovery (PWR!). Nancy joined PWR!'s professional education faculty in 2019 to train and share her expertise with fitness professionals across the US. Most recently, Nancy and her husband relocated to Bend Oregon to be closer to family. She has continued her relationship with PWR! by assisting in planning of the PWR! Retreat and remains as Faculty for the PWR!Moves Instructor Course. Nancy was thrilled to be able to resume her relationship with OHSU's Get Fit Prostate team in September 2020, teaching TJQMMB. Currently, Nancy is teaching two Parkinson specific classes in Bend: PWR! Moves and Impact PD! Outside of the gym, Nancy loves cycling, hiking, cooking, and her English Springer Spaniel, Hazel.

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