PWR!Moves®

Therapist Certification Workshop

Date
March 15-16, 2025

Location
IN PERSON
PWR!Gym®
4343 N. Oracle Rd. #173
Tucson, Arizona 85705
Mountain Standard Time

Workshop Fee
$650 per person
Discounts available for groups of 2 or more

What will you learn?

- How each of the Basic 4 PWR!Moves® provides you a PD-specific method of deconstructing and then retraining complex everyday movements (functions / ADL)
- How you can use PWR!Moves® to target specific Parkinson's symptoms, including rigidity, bradykinesia, incoordination, and reduced self-awareness
- How to implement Exercise***4***BrainChange® principles to achieve optimal performance, intensity and motor-cognitive challenge for your clients with Parkinson disease
- How to develop individualized treatment plans across disease severity which integrate progressive aerobic exercise with skilled exercise to enhance neuroplasticity, learning and the loss of automaticity (functional mobility).

Who is eligible?

- Physical Therapists, Physical Therapy Assistants
- Occupational Therapists, Occupational Therapy Assistants
- PT, PTD, PTA, OT, OTD, 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 https://www.pwr4life.org/ceu-information/

Earn 14 -16.5 contact hours

PWR!Moves® Therapist Certification Workshop Agenda: Day 1

My Time	Mountain Standard Time	Topic
	8:00 am	• Workshop Logistics, Getting to Know You, Materials and Daily Agenda Overview • Introduction to PWR!Moves® Curriculum Goals and Retrain Functional Mobility Framework

	8:25 am	**Designing and Implementing PD-specific Interventions**
		• Understanding Basal Ganglia Circuits and Symptoms
		• Practice Essentials
		  ○ PD-Specific Skill Training - PWR!Moves®
		  ○ Multi-Symptom targeted approach

	9:15 am	**Group Practicum: Level 1 Deconstructing Function** • Basic 4 PWR!Moves® in Standing, Sitting, All Fours, Prone & Supine • Prepare, Activate, Boosts • Connect to PD symptoms • Connect to functional application
	10:00 am	**Break**
	10:15 am	**Group Practicum: Level 1 Deconstructing Function** • PWR!Moves® Optimizing Quality
	11:15 am	**Long Break**
	12:00 pm	**Faculty Demonstrations with People with Parkinson's (PWP) – Level 1** • Live demonstrations of faculty working with people with PD • Use handout to document treatment of volunteers
	1:10 pm	**Group Discussion and Breakout Session – Level 1** • Debrief live demonstrations • In breakout groups, use assignments to demonstrate clinical decision-making and share solutions with whole group
	2:20 pm	**Break**
	2:35 pm	**Group Practicum: Level 2 Flows** • Debrief Level 1 / Intro to Level 2 • Basic PWR!Moves® Flows • Overground Flows (Walk, Sit, Floor) • Vertical Mobility Flows (Transitions)
	4:10 pm	**Group Practicum: Level 2 Mobility Flows (cont.)** • Introduction to Multidirectional Flows (Stand, Sit) • Functionality Flows
	4:35 pm	**Group Breakout Session – Level 1-2 Progressions** • In breakout groups, use assignments to demonstrate clinical decision-making and share solutions with whole group
	4:55 pm	**End of Day 1 Review**
	5:00 pm	**End**

PWR!Moves® Therapist Certification Workshop Agenda: Day 2

My Time	Mountain Standard Time	Topic
	8:00 am	Share your PWR! Pearls from Day 1
	8:10 am	**Applying Exercise4BrainChange® Principles to PWR!Moves®**
	9:25 am	**Group Practicum: Review PWR!Moves® Level 1 & Level 2** • Prepare, Activate, Flows, and Boosts • Advanced Positions
	10:10 am	**Group Practicum & Faculty Demonstrations** • Boost Progressions (i.e., Breathe, Hands, Eyes, Voice, Face)
	10:35 am	**Break**
	10:50 am	**Group Practicum: Level 3 Task-Specific Progressions** • Positional / Vertical / Overground
	11:45 am	**Long Break**
	12:30 pm	**Group Practicum: Level 1-2-3 Progressions = Putting it Together** • Live Faculty Demonstrations OR Video Case Studies • Implementing the Retrain Functional Mobility Model in Rehabilitation with Specific Goals
	1:30 pm	Discussion on Dosage and Assessment
	2:05 pm	**Video Case Studies** • Longitudinal Plan of Care • Advanced Examples of Intervention
	2:45 pm	**Exercise4BrainChange® Principles: Emotional Engagement**
	3:05 pm	• Rehabilitation to Community and Back: New Paradigms • Building your local PWR!Moves® networks as a PWR!Moves® Certified Professional
	3:20 pm	Q & A
	3:30 pm	End of Day 2

Course Description

The PWR!Moves® curriculum is an extension of Dr. Farley's pioneering research in whole-body amplitude training that advocated for a singular attentional focus to target bradykinesia. But now, research supports the need for a multi-symptom personalized, goal-directed approach that exploits all types of learning techniques (e.g., strategies, cueing, feedback, etc.). To that end, the PWR!Moves® curriculum advocates for therapists to use different methods of instruction for a multi-symptom approach. Whole-body movement training is replaced with targeted whole-body functional skill-training with the goal to preserve functional mobility, functional fitness and participation. Instead of a strict protocol, therapists will be able to design and implement a flexible intervention framework that allows for clinical reasoning, personalization, adaptation and learning principled motor-cognitive progressions across disease severity. Finally, the curriculum is evidenced-informed and designed to be integrated with other existing research and updated when new research becomes available.

To guide physical therapists in how to develop comprehensive plans of care that retrain functional mobility we have created a motor learning framework with three training levels that progress in difficulty and complexity (i.e., part to whole practice) and provide different methods of instruction to address multiple symptoms of PD. In **Level 1**, functional mobility is deconstructed into four fundamental skills (Basic 4 | PWR!Moves®) that address motor control deficits related to axial extension, weight shifting, axial mobility, and transitions. The focus is on two instructional methods: PREPARE, the mindful rehearsal of each of these skills in different positions using whole-body large amplitude movements to target rigidity; and ACTIVATE, the progression of these large amplitude skills into high-effort repetitive "exercise" to target bradykinesia and strength. In **Level 2**, the focus shifts to rebuilding action sequences by combining the basic skills to simulate meaningful multidirectional overground movements and transitions (mobility) and daily physical activities (functionalities); an instruction method we call FLOWS to target incoordination and balance. In **Level 3**, therapists use Level 1 & 2 skills to retrain personalized functional mobility goals determined in their rehabilitation plan of care. Throughout the part to whole, retrain functional mobility framework, therapists will learn to skillfully apply research-informed learning techniques to exploit goal-directed and habitual pathways to increase success in real-life functional mobility conditions.

Recent advances in Parkinson disease (PD) basic and clinical science research suggest both physical rehabilitation and exercise have symptomatic benefits, increase the efficacy of antiparkinsonian medication, and result in motor and cognitive improvements. However, maintenance of physical activity and exercise habits is necessary to slow the motor and cognitive deterioration and lower mortality. Our goal is to prepare PD-specialized physical and occupational therapists to collaborate with their local PD-specialized exercise professionals and to include them as part of their clients' healthcare team to keep persons with PD moving back and forth from rehab to exercise and back to rehab for life. We believe that by focusing on the same fundamental PD-specific skills and methods of training in rehab and community settings, it may be possible to extend the benefits of rehabilitation and reap the additive and complementary benefits of group exercise programs necessary to slow motor and cognitive deterioration and lower mortality.

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

Methods of Instruction

- Lectures that allow time for questions and response to chat, participants share take-home points with each other on Day 2 AM to highlight what was most significant to their practice
- Interactive practicums with faculty whole group instruction to practice the PWR!Moves® fundamentals that includes face to face demonstrations and feedback (via zoom or in-person) with time for integrated questions and answers throughout the practicum.
- Interactive faculty instruction to show modifications (adaptations, progressions) with time for Q&A and feedback
- Faculty debriefs with chat and time to answer questions and discuss highlights.
- Live or prerecorded demos of faculty showing Level 1 constructs of the framework while working with volunteers with PD of varying disease severity
- Faculty debrief of the volunteer demo to problem-solve, discuss clinical reasoning for intervention rationale and patient management, identify symptoms and modifications performed, and allow time for Q&A
- Multiple breakout sessions with assignments to learn from peers while problem-solving their Level 1, 2 or 3 “next day” treatment sessions for the volunteer live or pre-recorded demos. Each group will report their consensus treatment ideas and provide their rationale to the whole group for further discussion and problem solving
- Pre-recorded video cases and live demos showing therapists/faculty implementing sample intervention progressions uising Level 1-2-3 of the framework with people with PD of different disease severity

Course Objectives and Goals

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

1. Discuss recent hot topics in Parkinson disease related to etiology, heterogeneity, and prevalence.
2. Recognize motor and non-motor symptoms and how they interfere with function and present barriers to all types of physical activity.
3. Explain the significance of exercise that targets prevention, disease correction, disease-modification and symptoms of PD.
4. Summarize recent advances in basic and clinical neuroscience that have brought exercise to the forefront in PD treatment as it relates to progressive aerobics and PD-specific skill training.
5. Explain how the Basic 4 PWR!Moves® target motor control skills become impaired in people with PD and interfere with functional mobility.
6. Perform the Basic 4 PWR!Moves® in 5 positions: prone, supine, all fours, sitting, standing and be able to adapt and progress while optimizing quality of practice.
7. Describe how the curriculum may be personalized to differentially target multiple PD symptoms, including rigidity, bradykinesia, incoordination, attention and executive function.
8. Effectively use PWR!Moves® Boosts with PWP as a stand-alone goal or tool or as a component integrated into interventions along with other PWR!Moves® exercises.
9. Effectively apply Exercise4BrainChange® principles to achieve optimal motor/cognitive challenge for your clients with Parkinson disease.
10. Develop treatment plans which integrate PWR!Moves® and progressive aerobic training tailored to individuals with PD with different disease severities.
11. Explain the significance of implementing the PWR!Moves® curriculum as a foundation for shared rehab and community goals and bi-directional referrals for life.

PWR! Faculty

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 skilled exercise approach that directly targets the training of amplitude, as well as multiple other motor and nonmotor symptoms, into building blocks of function. Each building block counteracts a primary motor control deficit shown by research to interfere with everyday mobility. 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® 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 PWRMoves 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 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.

Shelley Hockensmith, PT, MPT

Shelley Hockensmith is a physical therapist with over 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! Faculty in 2022

Maria Allen, PT

Certificate of Advanced Competency in Home Health

Maria has over 40 years of experience as a physical therapist treating people with neurological disorders, including severe brain injury, stroke, vestibular dysfunction, and neurodegenerative disease. Since 2011 she has focused on Parkinson's disease therapy starting with LSVT BIG® followed by PWR!Moves Therapist and Instructor certifications and volunteering at the PWR! Retreat in 2015 and 2016. She has been assisting with PWR!Moves Therapist Workshops since 2016, including developing and teaching several home health focused Therapist Workshops. She joined the PWR! Faculty in 2019 to teach PWR!Moves Therapist Workshops, with over 50 live virtual and in person workshops to date.

She developed and currently serves as the coordinator of a multidisciplinary Parkinson and Movement Disorder Program for a large home health company serving the Central Coast area of California. She oversees clinical care while providing mentorship and education for therapists, nurses, social workers and the Palliative Care team. When not actively mentoring, teaching, or providing patient care, she enjoys traveling to spend time with family (including grandkids) from the Midwest to the East Coast and in Germany.

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.

Emily Borchers PT, DPT

Emily Borchers is a physical therapist with almost 10 years of experience working with people with Parkinson disease throughout her career. After graduating from the Ohio State University with her DPT in 2014, she began working as a physical therapist at the PWR!Gym® in Tucson, AZ where she developed a passion for helping people with Parkinson disease. In her 7 years of working at the PWR!Gym, she specialized in providing one-on-one rehabilitation and group exercise instruction for people with Parkinson disease, assisted with research conducted at the PWR! Gym including a peer-reviewed publication and was Physical Therapy Manager where she learned how to navigate Medicare reimbursement issues to meet the ongoing rehabilitation needs of people with Parkinson disease. Emily also has experience working with people with Parkinson disease and other neurological conditions including stroke, brain injury, and spinal cord injury in the inpatient rehab setting as part of an interdisciplinary team. She now works at Banner Alzheimer's Institute in Tucson, AZ where she continues to develop her skills in working with people with Parkinson disease and other cognitive diseases including Alzheimer's and Lewy Body Dementia for outpatient rehabilitation services. She joined the PWR! Faculty in 2023. Emily is passionate about empowering people with Parkinson disease and implementing a proactive approach to ongoing rehabilitative and exercise services for improved quality of life.

Angee Ludwa, PT, MPT

Angee Ludwa is a physical therapist with an extensive professional tenure spanning over 26 years, predominantly within the domain of outpatient neurological care. Her expertise encompasses the comprehensive treatment of individuals diagnosed with various conditions, including Traumatic Brain Injury (TBI), Stroke, Multiple Sclerosis (MS), and Movement Disorders. Since 2007, Angee has directed her career focus towards the specialized care of individuals with Parkinson's disease. Notably, she has initiated and overseen the establishment of multiple Parkinson's disease-specific programs within her local community. Angee is a Certified PWR!Moves® Therapist and she has actively contributed to the PWR! retreat as a volunteer for several years. Angee has undertaken the Allied Team Training for Parkinson's course (ATTP) and assumed the role of Ambassador for the Davis Phinney Foundation since 2019. Committed to community engagement, she teaches various community-based exercise classes virtually and in person including PWR! and RSB. Recently, she assumed the role of Director of Exercise at the Michigan Parkinson Foundation on a part-time basis, concurrently serving on their Professional Advisory Board. In addition to her administrative role, Angee remains steadfast in her commitment to providing personalized care to individuals with Parkinson's disease in their homes. Notably, her dedication to this cause has been further fueled by personal experience when her mother was diagnosed with Parkinson's in 2020. This personal connection serves as a driving force, compelling Angee to continually expand her knowledge and share her expertise with others in the Parkinson's community.

Foundational References

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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/parkinson-research