

# PWR!Moves®

## Therapist Recertification Workshop: Refresher

### Date

May 10, 2025

### Location

Delivered via Zoom

**Eastern Time**

### 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](http://pwr4life.org/ceu)

Earn 5-6 contact hours

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

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.**

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## 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.

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### 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

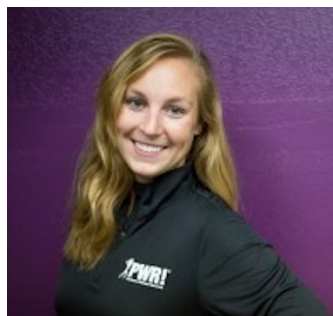
US and internationally. As an integral part of the NeuroFit faculty, Jennifer has worked closely with Dr. Becky Farley to develop course content for PWR!Moves Therapist and Instructor Training and Certification Workshops, and has delivered over 70 continuing education workshops, across the US and world. 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 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.



### **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.

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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](https://pwr4life.org/research)