



## **PWR!*Moves*® Instructor Training and Certification Workshop Train Amplitude and Make FUNction Exercise®**

**Faculty:** Becky G. Farley PT, MS, PhD & Jennifer Bazan-Wigle DPT

### Date

February 12-13, 2016

### Location

PWR!Gym  
140 W. Fort Lowell Rd.  
Tucson, AZ 85705

### Target Audience Required for Certification

Certified Personal Trainers, Group Fitness Instructors, PT's, PTA's, OT's, COTA's.  
Individuals holding a 2/4-year degree in health, exercise science, recreation or  
physical activity related field with 2 years of experience in the field.

### Approved for 1.5 CEC's:

American Council on Exercise (ACE)  
National Academy of Sports Medicine (NASM)  
American Academy of Sports Medicine (ACSM)  
British Columbia Recreation & Parks Association

### Registration Fees

**\$475**

**Group Discounts: \$425 per person for 2 or more from same facility**  
**\$50 Late Fee (if registering after registration deadline – check availability)**

**Implement PD-Specific Research-Based Exercise Programs NOW**  
*Help People with Parkinson Disease get BETTER and  
STAY BETTER with Exercise.*

**For more information call 520-591-5346, or to register online, visit**  
**[www.pwr4life.org](http://www.pwr4life.org)**

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## **PWR!Moves® Instructor Training and Certification Workshop Course Description:**

Recent advances in basic and clinical science research suggest exercise and learning approaches that promote **aerobics and skill acquisition** may protect vulnerable neurons, repair damaged circuits, and optimize function in persons with Parkinson disease (PD). Participants will learn a PD-specific approach to skill acquisition called **PWR!Moves®**. PWR!Moves is a stand-alone exercise program that can also be integrated into other exercise approaches. The Basic4 PWR!Moves (**UP/ROCK/TWIST/STEP**) are building blocks for everyday movement and are always performed with large amplitude, high effort, and attention to action in multiple positions (floor/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 high effort.
- **Incoordination:** PWR!Moves are linked together into longer and longer sequences that mimic everyday movements.
- **Automaticity,** PWR!Moves are progressed in complexity through the addition of common dual tasks (PWR!Boosts).

This course will provide participants with the background and unique skills to teach an evidenced based PD-specific approach in group or personal training. Participants will learn two group 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 practice the PWR!Moves, develop class activities, and teach PWR!Moves classes 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 founded upon research in the fields of exercise science, motor control, and motor learning. These essential principles are the “how” of what you do to achieve optimal benefit to quality of life, function, symptoms, and slowing the progression of PD. Instructors will learn to use the group structure and their feedback and instructional methods to empower and educate class participants about their true potential. Emphasis will be on promoting an environment for learning that embraces an atmosphere of empowerment, motivation, social enrichment, and **FUNction!** 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.

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## Objectives/Goals:

- 1) Possess general knowledge about PD to include: who gets it, what causes it, major symptoms, and how it impacts FUNCTION (mobility, balance, flexibility, and coordination) in individuals with PD.
- 2) Describe how medications, deep brain surgery, and symptoms (non motor/motor) may affect an individuals' ability to participate in, or benefit from exercise.
- 3) Explain the significance of targeting the training of amplitude into function (PWR!*Moves*<sup>®</sup>) as the foundation for a PD-specific program.
- 4) Teach the Basic4 | PWR!*Moves* in different positions in a group format: floor prone/supine, all4's, sitting, standing.
- 5) Be able to explain how the goals of PREPARE/ACTIVATE/FLOW target the primary symptoms of PD and include examples of each.
- 6) Identify how each of the Basic 4 | PWR!*Moves* target common PD-specific problems related to flexibility, strength, coordination, balance, and posture in different positions.
- 7) Demonstrate how each of the PWR!Boosts can be integrated into PWR!*Moves* exercises and be prepared to discuss why their purpose, or why they are important.
- 8) Able to use modeling, mental imagery, voice, cues, instruction, and reward-based feedback to achieve optimal alignment motor output (effort), and engagement.
- 9) Discuss how PWR!*Moves* can be integrated into function/ADL/lifestyle during a class at least 3 times.
- 10) What is the significance that PWR!*Moves* may be implemented across settings (therapy/community), and reinforced in other community research exercise programming (treadmill, cycling, pole walking, yoga, boxing, dance, Tai Chi).
- 11) Demonstrate how PWR!*Moves* in different positions may be adapted for individuals with different disease severity levels.
- 12) Integrate the PWR!*Moves* into a circuit format using more typical fitness equipment or approaches that require individuals to work more independently, discuss goals of that activity, and demonstrate how it may be progressed in difficulty or complexity for different individuals.
- 13) Describe high risk for fall activities and what you would do to reduce the risk of falls during a class (i.e., attentional strategies, cues, equipment, class organization, feedback, and modeling/mental imagery).
- 14) Identify screening or assessments that could be used to establish class criteria, and to show outcomes related to quality of life, function, endurance, etc.

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## Agenda: PWR! INSTRUCTOR WORKSHOP SCHEDULE - DAY 2

7:30 am	Registration
8:00	<p>Overview - Exercise and Parkinson disease</p> <p><b>What you do is important!</b></p> <ul style="list-style-type: none"> <li>• Aerobics plus Amplitude Focused Skill Acquisition (PD-specific)</li> </ul> <p><b>How you do it is important!</b></p> <ul style="list-style-type: none"> <li>• Exercise4BrainChange (E4BC) Essentials for Learning (<b>Sec. 3, Pg 2-4</b>)</li> </ul>
8:30	Overview of PD
9:15	Major Symptoms and Impact on movement ( <b>Symptom Table; Sec. 2/Pg 2-3</b> )
<b>9:45</b>	<b>BREAK</b>
10:00	<p>Specificity of training in PD (<b>Sec. 2, Pg. 4-10</b>)</p> <ul style="list-style-type: none"> <li>• Intro to Basic4 PWR!Moves™ (UP/ROCK/TWIST/STEP)</li> <li>• Relationship to symptoms/movement deficits</li> </ul>
10:30	<p>Intro to Basic 4   PWR!Moves® - Group Practice (<b>Sec. 2 ALL</b>)</p> <p>PWR! Goals: Prepare/Activate/Positional Flows</p> <ul style="list-style-type: none"> <li>• Adaptations</li> <li>• Attention to Action and Real World Function - PWR! Boosts</li> </ul> <p>PWR! Goals: Evolution FLOW (Transitional Flows)</p> <ul style="list-style-type: none"> <li>• Challenges Physical Effort (strength, work)</li> <li>• Challenges Cognitive Engagement (complexity, balance, unpredictable)</li> </ul> <p>PWR! Goals: Automaticity</p> <ul style="list-style-type: none"> <li>• Add dual tasking/ environmental unpredictability/increased complexity</li> </ul>
<b>12:00</b>	<b>LUNCH (On your own)</b>
1:00 pm	<b>Basic 4   PWR!Moves® Master Demo Class – observe/participate (Sec. 3, Pg 9)</b>
2:00-2:45	<p>Highlights/Discussion of Basic 4   PWR!Moves™ Group Demo Class</p> <ul style="list-style-type: none"> <li>• Goals/E4BC/Symptoms/Safet (<b>Sec. 3</b>)</li> </ul>
<b>2:45</b>	<b>BREAK</b>
3:00	<b>Watch HIIT – PWR!Walking/PWR!Cardio/Class Variations (Sec. 3, Pg 11-14; 28)</b>
4:00	<p>Develop a PWR! Moves Group Class Activity (Participation – Partners Practice; N=2; 10 groups)</p> <ul style="list-style-type: none"> <li>• Use chosen PWR!Move + <b>PWR!Moves Checklist (Sec. 3, Pg 29)</b></li> </ul>
4:30	<p>Practical – Putting it all together (Participation – Partners; “instruct” group; 5’ Total)</p>
5:30	Teaching Tips/PWR!Moves Class “Variations” ( <b>Sec. 3, Pg 5-17</b> )
6:00	Networking Meet and Greet – Snacks provided by <b>PWR!</b>

## Agenda: PWR! INSTRUCTOR WORKSHOP SCHEDULE - DAY 2

7:30 am	<b>Review PWR!Moves (optional group practice)</b>
8:00	Evidence for Exercise and Neuroplasticity in Parkinson disease <ul style="list-style-type: none"> <li>• Exercise4Brain Change Essentials/Barriers</li> </ul>
8:45	Overview typical PWR! Moves CIRCUIT Format <b>(Sec. 3; Pg 18)</b> <ul style="list-style-type: none"> <li>• Introduce equipment and demo a circuit station progression</li> </ul>
9:15	Develop a PWR! Circuit Station (~10 - stations) (Assign equipment/PWR!Move, Participation – Partners)
<b>9:45</b>	<b>BREAK</b>
10:00	<b>PWR!Circuit - Master class #1 – Participation with PWP</b> Take turns instructing your station during the class
11:00	<b>PWR!Circuit - Master class #2 – Participation with PWP</b> Adv. PWR!Moves (increase effort, complexity, evolutions, partner format)
12:00	Hands on practicum for participants at circuit stations & Discussion
<b>12:30</b>	<b>LUNCH (Provided)</b>
1:15 pm	Highlights of PWR!Moves Circuit Demo Class Safety/Adaptations/Volunteers/Class Options <b>(See Sec. 2)</b> Review class formats/variations/review main PWR!/E4BC <b>(Sec. 3, Pg 1-2)</b>
2:00	Certification Written Test
2:20	Review test and discuss PWR!Moves essential concepts
2:45	Getting Started - Screening/Class Criteria/Equipment/Funding Resources Becoming part of a PWR! Exercise Expert Network – Therapy/Community <ul style="list-style-type: none"> <li>• Connecting with medical/rehab professionals and local PD foundations</li> </ul>
3:10	Beyond the Gym – PWR!Moves <ul style="list-style-type: none"> <li>• Increasing Everyday Activity - Integrating Basic4 PWR!Moves into lifestyle, home exercise programs, community activities (pole walking, boxing, Tennis, Hiking, Yoga, Dance)</li> <li>• Empowerment/Reducing Stress - Importance of social support (breathing, mediation, education....) and counseling and education</li> </ul>
3:25	Use of logos/Marketing/Class descriptions/Credentials
3:30 pm	End of Day 2 – THE END! Feedback/Certificates/Network Sign In Forms



## Course: PWR! Moves® Instructor Training and Certification

### REGISTRATION INFORMATION

Registration will not be processed without FULL payment. **You are not officially registered until receipt of confirmation letter for the course.** One week prior to the course, only internet registrations and faxed registration forms will be accepted. Late fee will apply at that time. Slots are granted on a first come, first serve basis, size is limited. If registering late, please check availability.

<b>Workshop Date:</b> February 12-13, 2016
<b>Course Location:</b> 140 W. Fort Lowell Rd. Tucson, AZ 85705
<b>Registration Deadline:</b> 1-week prior to workshop date or if sold out. \$50 Late fee will apply

### CANCELLATION POLICY

<b><u>If Participant Cancels:</u></b>
With written or phone notification of cancellation, tuition will be refunded minus the following cancellation fees:
4 weeks prior to workshop date: \$75
2 weeks prior to workshop date: \$150
Less than two weeks prior to workshop date: \$300

<b><u>If Parkinson Wellness Recovery Cancels:</u></b>
Full tuition will be refunded. PWR! is not responsible for the refund of travel or hotel expenses under any circumstances.
<input type="checkbox"/> Cancellation Policy Accepted <b>(Must be checked to complete processing)</b>

### Personal/Billing Information (If paying by credit card, please use your billing address)

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Home/Billing Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell #: \_\_\_\_\_

Email: \_\_\_\_\_

Credit Card#: \_\_\_\_\_

Exp.: \_\_\_\_\_ CVC#: \_\_\_\_\_

Signature: \_\_\_\_\_

<b>Registration Fees</b>
Regular Rate: <input type="checkbox"/> \$475
Group Rate per person, 2+ from the same facility: <input type="checkbox"/> \$425
Prior PWR!Therapist or PWR!Instructor Graduate Rate: <input type="checkbox"/> \$375
PLEASE LIST OR EMAIL US THE NAMES OF OTHER GROUP PARTICIPANTS.

Thank you for your registration!

If paying by check, please fax, or mail this form to the address at top of page, or send it via email to: [vanessa@pwr4life.org](mailto:vanessa@pwr4life.org)  
Registration and payment also available online at: [www.pwr4life.org](http://www.pwr4life.org)

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## Faculty:

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

Dr. Farley 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 has over 30 years of experience in neurological rehabilitation, and is currently the CEO/Founder of the nonprofit Parkinson Wellness Recovery | PWR!, and a Physiology Associate at the University of Arizona. During her post-doc, Dr. Farley studied bradykinesia, developed the LSVT® BIG exercise program, and completed an NIH funded randomized clinical trial documenting its' short-term efficacy (3-months).

Dr. Farley is now training clinicians and fitness professionals to be PD-exercise experts to ensure the foundations of large amplitude FUNctional training and other essential research-components are implemented into a comprehensive PD-specific exercise and integrated throughout the Parkinson's community. She is advocating that local PD-exercise experts join forces to allow people with PD to have access to comprehensive neuroplasticity-principled exercise programming for life, beginning at diagnosis. This is the type of paradigm shift that is necessary to truly slow disease progression. On February 2012, the doors to the first PWR!Gym®, a Model Community Neuro Fitness Center for people with Parkinson disease, were opened in Tucson, AZ to truly implement **Exercise AS Medicine**.

### Jennifer Bazan-Wigle, PT/DPT

Dr. Jennifer Bazan-Wigle began her first career with a Bachelor's of Science in Education from Northern Arizona University teaching science for the Department of Defense Schools in the Netherlands, South Korea, Japan, and Germany and for the Miami-Dade School District in Miami, FL. In 2010, Jennifer graduated with a Doctor of Physical Therapy from Nova Southeastern University in Ft. Lauderdale, FL. Her primary area of physical therapy practice has focused on neurological rehabilitation. She is currently the Lead PWR! Gym Physical Therapist and participates in research, community presentations and continuing education courses as part of the PWR! Faculty.

### Claire McLean, DPT, NCS

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.

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## References:

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