

PWR!Moves[®]

Therapist Recertification Workshop

Date

June 19, 2023

Location

Delivered via Zoom
Arizona Time

Workshop Fee

\$350 per person

Discounts available for groups of 2 or more



What will you learn?

- ◆ How to use PWR!Moves to provide the foundation to “Retrain and Sustain Functional Mobility” in both rehabilitation and community exercise settings
- ◆ How you can use new advanced positions to progressively challenge physical effort and cognitive engagement
- ◆ How you can use PWR!Moves to target specific Parkinson's symptoms, including rigidity, bradykinesia, incoordination, and reduced self-awareness
- ◆ How to use modifications with your patients, such as adaptations, cueing, and feedback, to optimize quality of movement and success

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

Earn 5-6 contact hours



PWR!Moves[®] Therapist Recertification Virtual Workshop Agenda

My Time	AZ Time	Topic
	8:00 am	<ul style="list-style-type: none"> • Introduction • Review of workshop and materials
	8:10 am	Rebuilding Functional Mobility with Levels
	8:30 am	Group Practicum: Retrain Functional Mobility (RFM)—Level 1 Deconstructing Function <ul style="list-style-type: none"> • Review Basic 4 PWR!Moves, Prepare, Activate, and Flow • Practice advanced positions • Optimize quality with adaptations and cues
	9:30 am	Group Practicum: Retrain Functional Mobility (RFM)—Level 2 Rehearsing Action Sequences <ul style="list-style-type: none"> • Discussion of Flows, Mobility, and Functionality
	10:15 am	Break
	10:30 am	Faculty Demonstration: Retrain Functional Mobility (RFM)—Level 3 Rebuilding Function <ul style="list-style-type: none"> • Exercise4BrainChange techniques to enhance learning • Progression variables to challenge and optimize physical effort and cognitive engagement
	11:30 am	Break
	11:45 am	Interactive Case Studies: Retrain Functional Mobility (RFM)—Level 3 Designing an Intervention <ul style="list-style-type: none"> • Review and discuss example case study • Discuss solutions using feedback, instructional strategies, cues, motivation, and adaptations to elicit optimal performance
	1:00 pm	Sustaining Function <ul style="list-style-type: none"> • Integrating PWR!Moves into home exercise plans and ADL
	1:15 pm	<ul style="list-style-type: none"> • Q&A • Additional PWR!Moves Resources
	1:30 pm	End of PWR!Moves Therapist Recertification Workshop

The PWR!Moves[®] Therapist Recertification Workshop will update participants on the constructs of our flexible PWR!Moves curriculum and how to implement the Retrain and Sustain Functional Mobility framework to target personal goals, retrain functional mobility goals and develop a personalized exercise prescription as determined in their rehabilitation plan of care. Participants will have the opportunity to submit their questions about the implementation of the PWR!Moves curriculum prior to the workshop so that faculty can assimilate those questions during the lectures, practicums, case studies, discussions or Q&A.

The course is designed to expand understanding of the curriculum and how functional mobility can be deconstructed and then rebuilt using three training levels that progress in difficulty and complexity (i.e., part to whole practice) and different methods of instruction to address multiple symptoms of PD. Throughout the live practicums and video case studies, emphasis will be on how to apply evidenced-informed learning techniques / feedback to exploit goal-directed and habitual pathways to increase success in real-life functional mobility conditions.

Participants will review and practice with faculty instruction Levels 1 & 2; the Basic 4 PWR!Moves as the building blocks of PD-specific functional skill training and then their combination into familiar sequences for mobility and functionality. Adaptations and Advanced PWR!Moves will be included. For Level 3, video case studies of the faculty with clients will be used to illustrate how to use the framework to progress/regress therapy activities to address personalized functional mobility goals for persons of varying disease severity. There will be time to identify discuss clinical reasoning, problem areas and solutions, patient management, adaptation and how types of feedback and equipment were used to exploit goal-directed and habitual pathways to achieve personalized goals. 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 whole group instruction to practice the PWR!Moves fundamentals with adaptations and advanced PWR!Moves that includes face to face demonstrations and feedback (via zoom) with time for integrated Q&A throughout the practicum.
- Faculty debriefs with chat and time to answer questions and discuss highlights.
- Pre-recorded video cases (n=3) showing therapists implementing the curriculum with people with PD of varying disease severity

Course Objectives and Goals

1. Upon successful completion of this workshop, participants will be able to:
2. Explain how the deterioration of the Basic 4 PWR!Moves® motor control skills interferes with functional mobility, fitness and participation.
3. Instruct the Basic 4 PWR!Moves® in 5 positions: prone, supine, all fours, sitting, standing and be able to adapt and regress/progress while optimizing quality of practice.
4. Use new advanced positions to progressively challenge physical effort and cognitive engagement.
5. Provide examples of research-informed feedback techniques and use of simple equipment to exploit goal-directed and habitual behaviors for success in more complex practice conditions.
6. Effectively use PWR!Moves Boosts as a stand-alone tool or as a component integrated with other PWR!Moves exercises.
7. Describe how the curriculum may be personalized to differentially target PD-specific motor and executive function symptoms and task-specific functional mobility goals.



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[®], 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, with an emphasis on 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

Board Certified Neurologic Clinical Specialist

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 as well as 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.



Melanie Lomaglio, PT, DPT, MSc

Board Certified Neurologic Clinical Specialist

Dr. Melanie Lomaglio brings 25 years of experience to her patients at The Parkinson's Health Center at STARS Rehab. She graduated from McGill University in 1997 with a Bachelor of Science in Physical Therapy, the University of British Columbia in 2005 with a Master of Science in Neurological Rehab, and completed her Doctor of Physical Therapy degree from the University of St. Augustine in 2017. In 2009 her and her husband founded STARS Rehab in St. Augustine, Florida, in 2019 Melanie founded The Parkinson's Health Center focused on specialized rehabilitation, and in 2022 she founded the non-profit ReBloom Center to improve the lives of people with Parkinson's disease through group exercise. In 2010, Melanie became a Board Certified Neurologic Clinical Specialist (re-certified in 2019). Dr. Lomaglio also has 12 years of teaching experience as an Assistant Professor within the neurologic curriculum of an entry-level doctoral of Physical Therapy program, she participates in research, and has published and presented her work on an international level. Her professional mission is to improve the quality of life of people living with Parkinson's Disease through movement, community and empowerment. Melanie is a 2020, 2021 and 2022 Parkinson's Foundation Community Grant winner and in addition to providing individual rehab and group wellness, she facilitates the St. Augustine Parkinson's support group.



Anna McIntyre, DPT

Anna McIntyre graduated from George Mason University in 2011 with a Bachelors degree in Exercise Science and earned her Doctor of Physical Therapy degree from Marymount University in 2016. She works at STARS Rehab in the Parkinsons Health Center, exclusively treating people who have Parkinson's Disease as well as atypical parkinsons such as Progressive Supranuclear Palsy, Multiple System Atrophy, and Lewy Body Dementia. She also provides in-person and online PWR! Moves classes through the Park Avenue Project Grant for all ability levels for people with Parkinson's and is a Rock Steady Boxing affiliate and coach. Anna is extremely passionate about patient care and rebuilding her patient's lives through movement, community, and empowerment.



George P Hebbler, PT, DPT

George "Paul" Hebbler graduated from Louisiana State University in 2009 with a Bachelors of Science in Psychology then went on to attend and graduate from The University of St Augustine for Health Sciences with his Doctor of Physical Therapy degree in 2013. He has experience in both outpatient and short term rehabilitation settings and since 2019, has worked at STARS Rehab in St Augustine, FL where he provides outpatient physical therapy for patients with both orthopedic and neurologic diagnoses with focus on Parkinson's Disease. He coaches non-contact boxing at a Rock Steady Boxing Affiliate, teaches adaptive group yoga and PWR! Moves exercise classes online and in-person, and volunteers in a community support group for people with Parkinson's Disease and Parkinsonisms. Paul is passionate about patient care and using exercise and community development to help his patients to live fulfilling and empowered lives.

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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