PWR!Moves®
Therapist Recertification Workshop

March 7, 2022
11:30am-5:00pm
Arizona Time

Delivered via Zoom

Eligible Participants
PWR!Moves Certified Therapists who: 1. Are licensed Physical Therapists, Occupational Therapists, Physical Therapy Assistants, and Occupational Therapy Assistants 2. Have successfully completed another PWR!Moves Therapist Certification Workshop in 2017, 2018, or 2019.

Recertification
Upon successful completion of this workshop, participants will be recertified as PWR!Moves Certified Therapists for three years

Continuing Education
Worth 5-6 contact hours for both PT and OT licensing boards—for more detailed CEU information, please visit our CEU info page

Registration Fees
$350 per person
$325 per person for groups of 2-4
Additional discounts are available for groups of 5 or more
Check out our website for Early Bird pricing!

For more information or to register online, click here to visit our therapist recertification workshop registration page

Help people with Parkinson disease get better and stay better with exercise!

Course Description

The PWR!Moves® Therapist Recertification Workshop will introduce participants to a new framework for implementing the PWR!Moves as the foundation to “Rebuild Functional Mobility” in persons with Parkinson disease (PD) as a lifelong model of care. Participants will first review and practice the Basic 4 PWR!Moves as the building blocks of PD-specific functional skill training and will then integrate those skills into familiar sequences for mobility and functionality. Participants will apply clinical reasoning skills and neuroplasticity principles to systematically progress motor and cognitive challenges to skillfully implement specificity of practice for treating individuals with varying symptoms and varying functional and exercise goals. Live demonstrations, videos, and interactive instruction will be used to illustrate, rehearse, and discuss the implementation of this framework for the retraining of functional mobility goals, as well as its integration into community exercise programs as a means of practicing skills learned in therapy and sustaining the benefits gained in rehabilitation.

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

Objectives and Goals

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

1. Describe and explain how PWR!Moves provide the foundation to “Retrain and Sustain Functional Mobility” in both rehabilitation and community exercise settings.
2. Teach the PWR!Moves in 5 basic positions: prone, supine, all 4’s, sitting, and standing.
3. Use new advanced positions to progressively challenge physical effort and cognitive engagement.
4. Implement modifications, such as adaptations, cueing, and feedback, to PWR!Moves instruction to optimize quality of movement and success.
5. Personalize the implementation of PWR!Moves to differentially target specific PD symptoms and functional mobility goals.
6. Demonstrate proficient use of task-analysis to deconstruct and rebuild function for a common rehabilitation goal.
7. Provide examples of techniques used to progress complexity of practice that exploit goal-directed and habitual behaviors.
8. Effectively use PWR!Moves Boosts as a stand-alone tool or as a component integrated with other PWR!Moves exercises.

PWR!Moves® Therapist Recertification Workshop

My Time	AZ Time	Topic
	11:00 am	Registration

	11:30 am	**Retrain Functional Mobility—Group Practicum**
		• **Level 1— Deconstructing Function**
		  • Review Basic 4 | PWR!Moves, Prepare, Activate, and Flow
		  • Introduce advanced positions
		  • Connect to symptoms and functional applications
		  • Integrate Boosts and modifications, including simple equipment, cues, and feedback
		  • Assignment 1 - Unmodified-modified Movement Video Comparisons

	1:00 pm	**Retrain Functional Mobility—Faculty Demo**
		• **Level 2 — Rehearsing Action Sequences**
		  • Mobility and transitional sequences—horizontal, vertical, and multidirectional
		  • Functionality—salient sequences that mimic function / ADL
		  • Assignment 2 - Creating Functionalities

	1:45 pm	Break

	2:00 pm	**Retrain Functional Mobility—Faculty Demo**
		• **Level 3 — Rebuilding Function**
		  • Apply Exercise4BrainChange® principles in treatment
		  • Introduce standalone and advanced Boosts
		  • Progress motor and cognitive challenge of Level 1-2 skills
		  • Integrate those skill progressions into real world complexity and specificity
		  • Review the role of equipment in enhancing learning

	3:00 pm	Break

	3:15 pm	**Retrain Functional Mobility—Interactive Case Studies**
		• **Level 3 — Designing an Intervention**
		  • Integrate the PWR!Moves curriculum into person-centered, task-specific or goal-directed activities while applying Exercise4BrainChange principles
		  • Assignment 3 - Interactive Case Studies

	4:30 pm	**Sustaining Function** • **Integrating** PWR!Moves into home exercise plans and ADL • Getting your grad groups started
	4:45pm	• More Participant Q&A • PWR!Moves Resources
	5:00 pm	End of PWR!Moves Therapist Recertification Workshop

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NeuroFit Faculty

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.

Maria Allen, PT

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

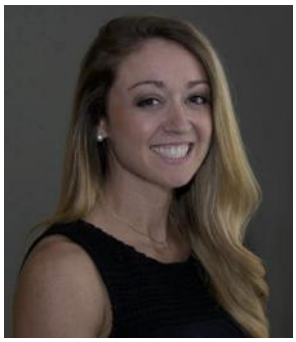
Dr. Kristina Dorkoski is an outpatient physical therapist, Board Certified Neurologic Specialist, Certified Exercise Expert for Aging Adults, Professional Yoga Therapist, and certified Pilates instructor. She enjoys coupling integrative care with the latest evidence and technology in neurologic rehab. Her varied experience also includes the treatment of medically complex geriatrics, vestibular disorders, chronic pain conditions, and acute care and trauma patients. Dr. Dorkoski earned her BS in health science and MS in physical therapy from Misericordia University, and doctorate in physical therapy from Temple University. She is an LSVT BIG® and PWR!Moves® Certified Therapist. Dr. Dorkoski is an 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. Additionally, Dr. Dorkoski serves as an adjunct faculty member at Professional Yoga Therapy Institute®.

Melanie Lomaglio, PT, DPT, MSc
Board Certified Neurologic Clinical Specialist

Dr. Melanie Lomaglio brings nearly 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 and in 2019 Melanie founded The Parkinson's Health Center. In 2010, Melanie joined an elite class of clinicians when she became a Board Certified Neurologic Clinical Specialist and recertified 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 passion at STARS Rehab is to improve the quality of life of people living with Parkinson's Disease through movement, community and empowerment. Melanie is a 2020 and 2021 Parkinson's Foundation Community Grant winner and in addition to providing individual rehab and group wellness, she facilitates the St. Augustine Parkinson's disease support group, which offers people with Parkinson's and their care partners free year-round educational resources and social support.

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.



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.

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