

PWR!Moves® Therapist Training and Certification Workshop – Day 1

08.30	Registration
08.45	Introduction About PWR! and our vision for healthcare for PWP (people with PD)
09.15	Exercise as medicine: Indications
09.45	Break
10.00	Exercise as medicine: Practice essentials (progressive exercise and PD-specific)
11.00	Group Practicum – Basic 4 PWR!Moves® <ul style="list-style-type: none"> • Basic 4 PWR!Moves in prone, supine, all 4's, sitting, standing • Prepare, Activate, and Flow • Connect to symptoms (e.g., rigidity, bradykinesia, incoordination) • Connect to functional application • Integrate Boosts • Adaptations, simple equipment for cues, targets
13.00	Lunch on your own
13.30	Faculty Demo Practicum with PWP – Basic 4 PWR!Moves <ul style="list-style-type: none"> • Faculty will work one on one with each volunteer to train Basic 4 PWR!Moves in all positions, using feedback, appropriate cues, and adaptations as needed
14.15	Group Practicum – Basic 4 PWR!Moves® <ul style="list-style-type: none"> • Each participant will be assigned one of the PWR!Moves to practice and to teach another participant, using feedback, appropriate cues, and adaptations for optimal performance
14.30	Small Group Practicum with PWP – Basic 4 PWR!Moves® <ul style="list-style-type: none"> • Each participant will teach a volunteer PWP their assigned PWR!Move
15.15	Break
15.30	Group Practicum – Mobility and Functionality
17.00	End of Day 1

Note:

- Blue indicates practicum sessions with PWP
- Schedule subject to change

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PWR!Moves® Therapist Training and Certification Workshop – Day 2

08.30	PWR! Pearls Evidence for and how to optimize learning in PD
10.00	Group Practicum -- Basic 4 PWR!Moves , Cognitive and Motor Challenges <ul style="list-style-type: none"> Review Basic 4 PWR!Moves, including Flows and Boosts Advanced Positions Review Mobility & Functionality Add variation ideas in each position Introduce standalone or advanced boosts Create task-specific and functional progressions Overview practicum equipment stations to enhance learning
12.00	Lunch
12.30	Faculty Demo with PWP – Task-specific Progressions <ul style="list-style-type: none"> Integrate PWR!Moves into rehab through exercise and task-specific progressions (e.g., gait, agility, balance, stepping, turning, fall prevention, bed mobility, posture, strength, function, dexterity, sports, lifestyle, eye boosts) Apply Exercise4BrainChange® principles Use equipment to enhance learning—assist, guide, challenge, and empower
14.00	Break
14.15	Social Engagement & Dosage Discussion – Implementing PWR!Moves Rehab Programs <ul style="list-style-type: none"> Discuss volunteer practicum cases and propose plans of care Additional advanced cases
15.30	Participant Q&A Barriers to Exercise as Medicine and Implications for Healthcare
16.10	PWR!Moves Certified Professionals and you! Building your local PWR!Moves networks, from rehab to community and back!
16.30	End of Day 2

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