

PWR!Moves® Therapist Refresher Workshop

15.30	Registration
16.00	<ul style="list-style-type: none"> ○ 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, feedback ○ Group Practicum – Mobility – Horizontal / Vertical ○ Group Practicum - Functionality
17.30	<ul style="list-style-type: none"> ○ Group Practicum -- Basic 4 PWR!Moves, Cognitive and Motor Challenges <ul style="list-style-type: none"> • Add advanced positions • Add novel sequences • Introduce standalone and advanced Boosts
18.30	Break (More participant questions?)
19.00	<ul style="list-style-type: none"> ○ Group Practicum – Cognitive and Motor Challenges <ul style="list-style-type: none"> • Faculty demo showing how to 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
20.00	<p>PWR!Moves Group Programming</p> <ul style="list-style-type: none"> • Integrating PWR!Moves into other activities (e.g., yoga, boxing, pole walking, drumming, dance, aquatics) • Class safety, setup, equipment • Possible criteria for classes • PWR!Moves Class Templates
20.45	<ul style="list-style-type: none"> ○ More participant Q&A ○ PWR!Moves Resources (e.g., website, PWR!Moves Professionals Directory, Facebook group, other materials)
21.00	End of PWR!Moves Refresher

v8.12.19

Note: Schedule subject to change.