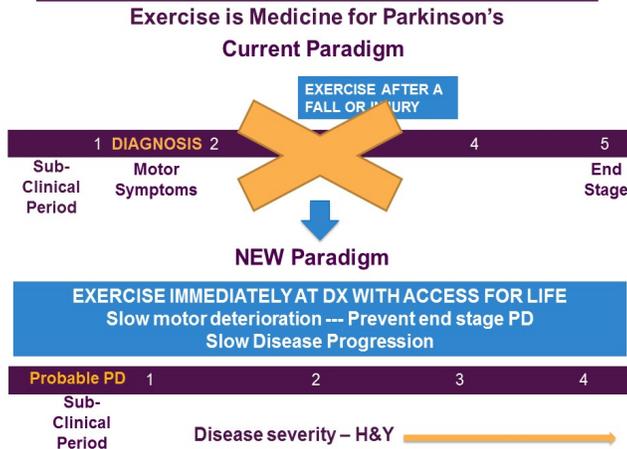


Our mission at PWR! is about changing status quo in rehab and community exercise paradigms. In partnering with other medical, fitness and advocacy organizations, we can increase access to the type of research-based exercise and wellness programming necessary to optimize brain health and repair.

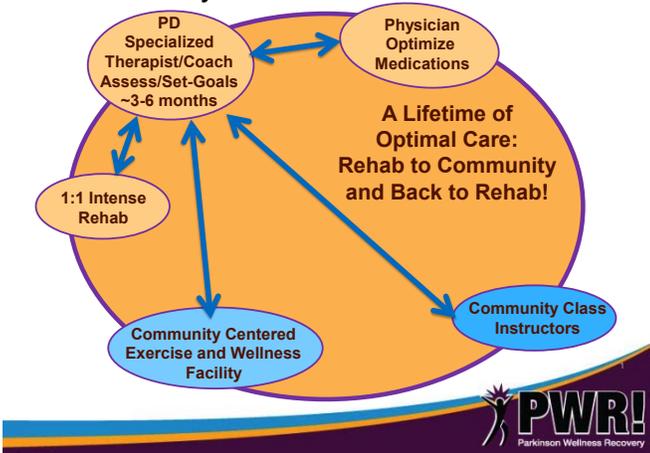
## REHAB IMPLICATIONS FOR NEW PARADIGMS



No other single intervention or treatment is associated with such a diverse array of benefits as exercise. Physical activity has been shown to reduce the risk of heart disease, stroke, diabetes, certain cancers, osteoporosis, cognitive decline, and depression. Physical activity for people with Parkinson disease not only results in positive improvements in symptoms (emotional, cognitive, physical, and nonmotor), but is also a physiological modifier of the disease process! This means greater levels of physical activity may slow disease progression. Can you imagine if there was a pill that could simultaneously have all these benefits, at minimal cost and with virtually no side effects?

**What are you doing for exercise? Has Parkinson disease caused you to change your daily physical activities? Have you stopped doing things you like? How many minutes per day or hours per week do you spend doing daily routine activities or recreation vs. vigorous exercise vs. sitting?**

## Rehab/Community Collaborations/Networks



Such simple questions! But, what if exercise counseling was a central component of healthcare and your level of physical activity a vital sign? What if, upon diagnosis, you were referred to a physical therapist who specialized in PD-specific exercise to help you set physical activity and exercise goals? What if every 6 months, you saw that same therapist to update your exercise program and optimize your function - just like you visit your movement disorders neurologist to optimize your medications?

## About our training programs

The **PWR!4LIFE™** model requires a focus on early referral to a multidisciplinary specialized rehab team; and the application of neuroplasticity principled exercise essentials. The essential principles are supported by the new 2016 European Parkinson Guidelines and involve the training of progressive aerobics and PD-specific functional skill training (**PWR!Moves®**). In addition, the model advocates for access to personalized coaching and wellness education to empower individuals to overcome non-motor symptoms, stress, and the inactivity that interferes with physical capacity, participation, and quality of life.

## We offer two entry-level training programs

### Building Local PWR! Networks



Get Better Stay Better

**PWR! PD exercise  
and rehab specialists**



Rehab to community and back!

- Assess/Set Goals
- 1:1 Intensive Rehab bouts for LIFE
- Identify and coordinate with other disciplines or resources



- Optimal PD-Specific Fitness Classes
- Social Connections, Empowerment



The goal of our training is to integrate medical/rehabilitation goals with community-based exercise and wellness programs such that Individuals cycle back and forth between PD-specific rehab and community exercise and wellness programs - for LIFE. This continuum of care requires partnerships and coordination between therapists and community group instructors and it is the type of model necessary to put off motor deterioration and slow disease progression.

Participants in both workshops learn how to implement progressive aerobics exercise and PD-specific functional skill training using **PWR!Moves®** for people of varying disease severity, but with a different focus on 1:1 (**PWR! Therapist**) or group instruction (**PWR! Instructor**). PD-specific amplitude-focused functional training can now be performed across a lifetime in different settings.

#### Skill Targeted

**Antigravity extension**  
**Weight shifting**  
**Axial mobility**  
**Transitions**

#### Basic4 | PWR!Moves®

**PWR! UP**  
**PWR! ROCK**  
**PWR! TWIST**  
**PWR! STEP**

#### PWR!Moves® Certified Therapists – PD specialized

therapists (physical/occupational) integrate **PWR!Moves** into research-based exercise approaches (dance, tai chi, boxing, agility, pole walking) or task-specific training routines (gait, agility, strength, ADL, freezing, and dexterity). They are able to modify the dosage and progress the difficulty and complexity of amplitude-focused functional skill training to adapt for varying disease severity or fitness levels.

**PWR!** Therapists are expected to perform ongoing rehab assessments, and prescribe bouts of intensive comprehensive programming over a lifetime to address multiple symptoms and personalized goals in order to put off motor and cognitive deterioration, maintain function, physical capacity, and self-efficacy, and to facilitate access to PD-specific community exercise/fitness classes.

**PWR!Moves® Certified Instructors** – PD specialized therapists (physical/occupational) and fitness professionals that specialize in the instruction of larger/faster functional movements (**PWR!Moves**) in group classes and in their integration into community yoga, dance, sports and personal training sessions. **PWR!** Instructors are certified to offer **PWR!Moves** Group or Circuit formatted classes and work with **PWR!** Therapists to optimize community exercise participation, safety, and benefits.

### Start with PWR!Moves & Target Multiple Aspects of Mobility and Participation



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