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PWR!4LIFE Program Essentials
Adhere to EU Physio Therapy Guidelines
(www.ParkinsonNet.info)

Neuroprotection
Optimize Brain Health

- Progressive Aerobics
  - Metabolically prepares the neural substrates to “work” efficiently/fast
  - Promotes brain/muscle interactions
  - Turns on attention & working memory systems
  - Increases motor output

Neuroplasticity
Optimize Brain Repair/Adaptation

- PD-Specific Skill Acquisition
  - Amplitude-focused functional movement training

Optimize Physical Capacity
To be able to fully participate in exercise and lifestyle

- Prevent Inactivity – PWR! Therapist as Coach for LIFE!
  - Baseline & ongoing 6 month reassessments
  - Optimize Medications
  - Promote general exercise & participation

Neural Priming

- Learning Principled Practice
  - Cognitive Engagement
  - Attentional Focus
  - Emotional Engagement
  - Physical Effort

Exercise4BrainChange®

PD-Specific Skill Acquisition
PWR!Moves®

Stress Management

- Nutrition
- Non motor Management
  - Sleep
  - Anxiety/Depression
  - Constipation
  - Pain

IV Step Abstract #27
www.pwr4life.org
### PD-Specific Skill Acquisition

**PWR!Moves®**

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**At a Glance**

- **Rigidity** – reduced spinal flexibility and posture: Train high effort for large amplitude sustained active stretch and awareness (PREPARE)
- **Bradykinesia** – slow/small everyday movement: Train high effort for large amplitude repetitive whole body movements (ACTIVATE)
- **Incoordination/Balance**: Link whole body movements into sequences for function/ADL and agility (FLOWS)
- **Automaticity**: Add attentional focus and everyday dual tasks (BOOSTS)

**Flexible Protocol, Adaptable**

- Combine with other research-based 1:1 therapy approaches or task-specific training routines
- Implement across disease severity
- Stand alone 1:1 rehab or group exercise program

**Multi-symptom Targeted Approach**

Integrate into group, personal training, lifestyle, dance, and more...

**Anytime/Anywhere**

- PWR! Moves PD-specific Skill Acquisition
- Agility, Transfers, Turning, Gait
- Strength, Flexibility, Balance
- ADL Function
- Lifestyle, Transfers, Turning
- Socialization, Sports, Hobbies, Recreation

**Socialization, Sports, Hobbies, Recreation**
- Dance, Boxing, Tennis
- Pole Walking, Treadmill, Cycling
- Aerobics
- PWR! Moves
- Reach & Grasps

**www.pwr4life.org**
Sitting
Basic 4 | PWR! Moves®

PWR! Up
Posture

PWR! Rock
Weight Shift

PWR! Twist
Trunk Rotation

PWR! Step
Transition
Standing Basic 4 | PWR!Moves®

PWR!Up  
Posture

PWR!Rock  
Weight Transfer

PWR!Twist  
Trunk Rotation

PWR!Step  
Transition

PWR!Gym®
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WHAT you Do IS important! – Vigorous Aerobic Exercise


WHAT you Do IS important! – PD-specific skill acquisition


HOW you do it is important! - Motor Learning – Neuroplasticity-principled Practice