# PWR! MOVES: INTEGRATING PARKINSON-SPECIFIC EXERCISE INTO OUTPATIENT ORTHOPEDIC PRACTICE

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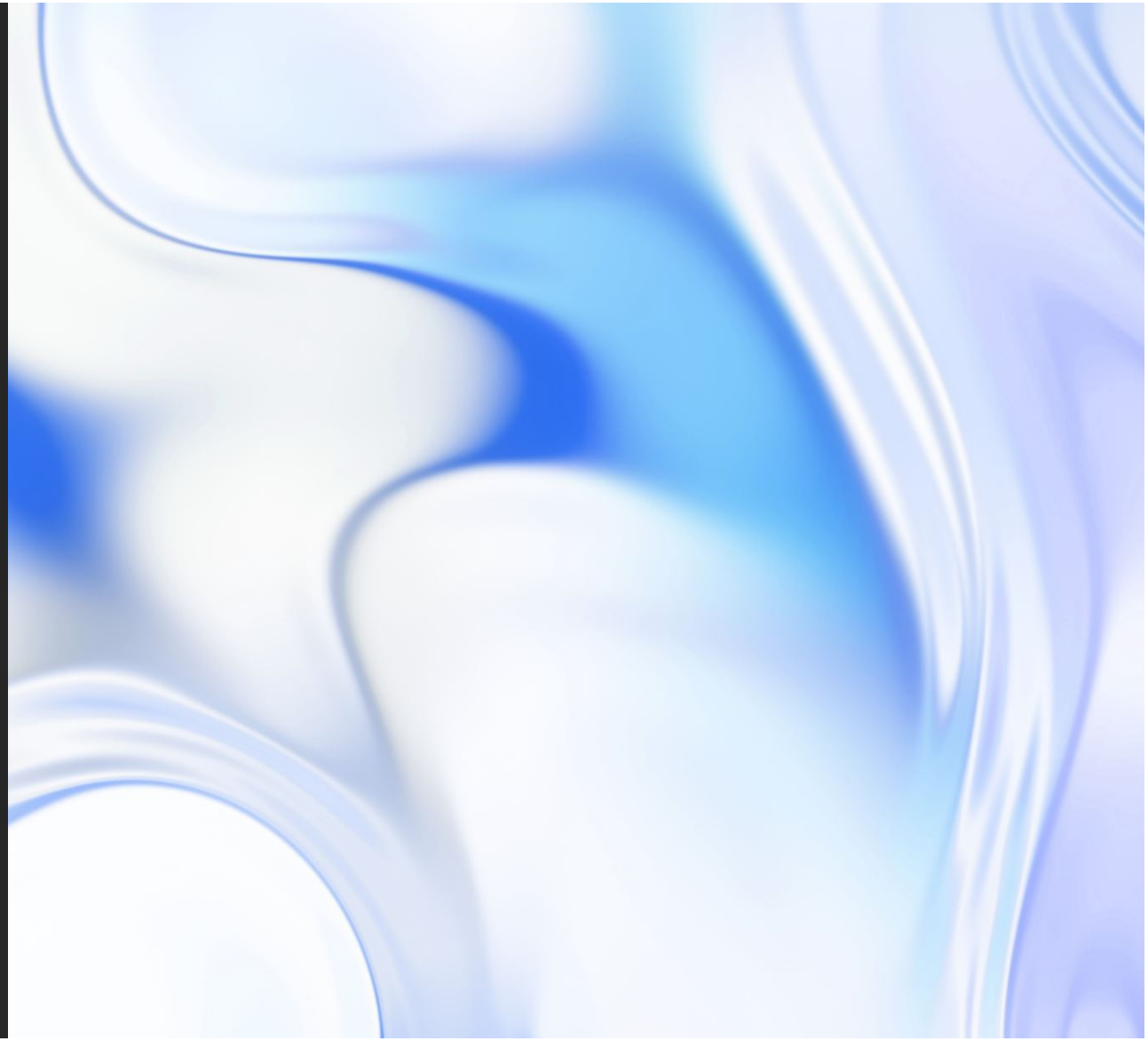
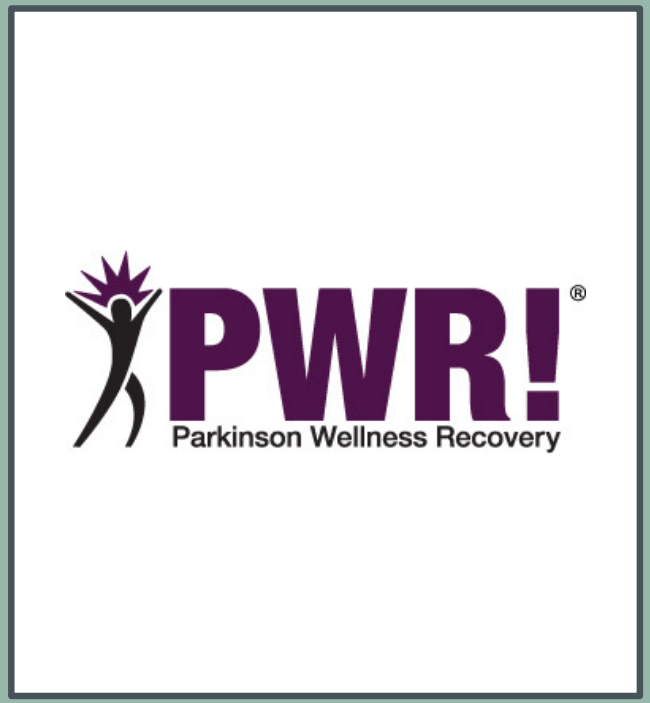


# PARKINSON WELLNESS RECOVERY [1]

- Parkinson's specific exercises
- Maintain and restore skills that are required for daily activities
- Integrates physical and occupational therapy goals with community-based exercise and wellness
- 4 basic moves target → posture, weight shifting, trunk mobility, and transitions
- Multiple positions
- Can be progressed physically and cognitively



# EVIDENCE SUPPORTING PWR! MOVES [2,3]

- Limited RCT level evidence
- Emerging
  - Pilot studies → improved PT/OT outcomes
  - Case reports → improved gait, balance, function
- Strong supporting evidence
  - Amplitude-based training (LSVT-BIG)
  - Neuroplasticity principles
  - Exercise improved mobility & may slow progression

# WHAT ARE PWR! MOVES? [1,4]

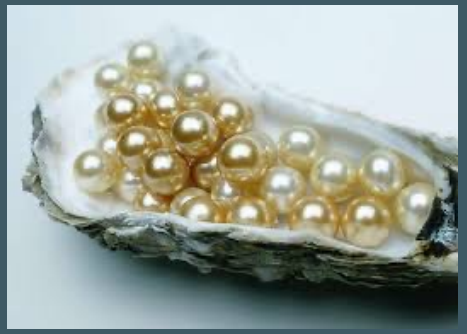
- Developed by: Becky Farley
- 4 moves
  - PWR! Up, PWR! Rock, PWR! Twist, PWR! Step
- Principle: amplitude-based training

# HOW CAN WE USE PWR! IN ORTHO?

- PWR! Up → Posture & extension
- PWR! Rock → Weight shifting
- PWR! Twist → Axial mobility
- PWR! Step → Functional transitioning

| Document | PWR! Up<br>Seated trunk extension with B scapular retraction / shoulder horiz abd | PWR! Rock<br>Seated lateral weight shifting with 1 UE reach overhead | PWR! Twist<br>Seated trunk rotation with LE lunge | PWR! Step<br>Seated alternating LE stepping with 1UE reach |
|---|---|---|---|---|
| Therapeutic Exercise | • To improve spinal extension and postural strength<br>• Verbal/tactile cues for alignment and movement amplitude | • To improve trunk strength and dynamic stability<br>• Cueing for controlled movement | • To improve thoracic mobility<br>• Cues for proper mechanics and amplitude | • To improve coordination and LE activation<br>• Cueing for step height and control |
| Neuromuscular Re-education | • To improve postural control and motor activation<br>• Cues for amplitude and sustained upright positioning | • To improve balance and symmetrical loading<br>• Cueing for motor control and weight transfer | • To improve trunk coordination<br>• Verbal/tactile cues for controlled movement | • To improve motor planning and movement initiation<br>• Cues for timing and amplitude |
| Therapeutic Activity | • To improve upright posture during ADLs<br>• Incorporated into reaching tasks | • To simulate functional weight shifting for transfers and repositioning | • To simulate reaching across body during ADLs | • To simulate components of functional mobility and transfers<br>• Emphasis on coordination and carryover |

# CLINICAL PEARLS



- PWR! Moves = task-specific, amplitude-based training
- Targets functional impairments we already treat
- Easily integrated into orthopedic practice
- Promotes carryover into daily activities

# REFERENCES


1. Farley BG. *PWR! Moves®: Parkinson Wellness Recovery*. Tucson, AZ: Parkinson Wellness Recovery; published online.
2. Imam N, Dannenbring J. The effectiveness of LSVT-BIG and PWR! programs on a patient with Parkinson's disease: a case report. Presented at: Campus Research Day Symposium; April 22, 2020; University of St. Augustine for Health Sciences.
3. Parkinson Wellness Recovery (PWR!). Parkinson Wellness Recovery (PWR!). https://www.pwr4life.org/. Accessed April 9, 2026.
4. Rogue Physical Therapy and Wellness. Unlock your best self with PWR! Moves for Parkinson's. https://www.roguept.com/pwrmoves. Accessed April 10, 2026.