

Flexible, Adaptable Protocol

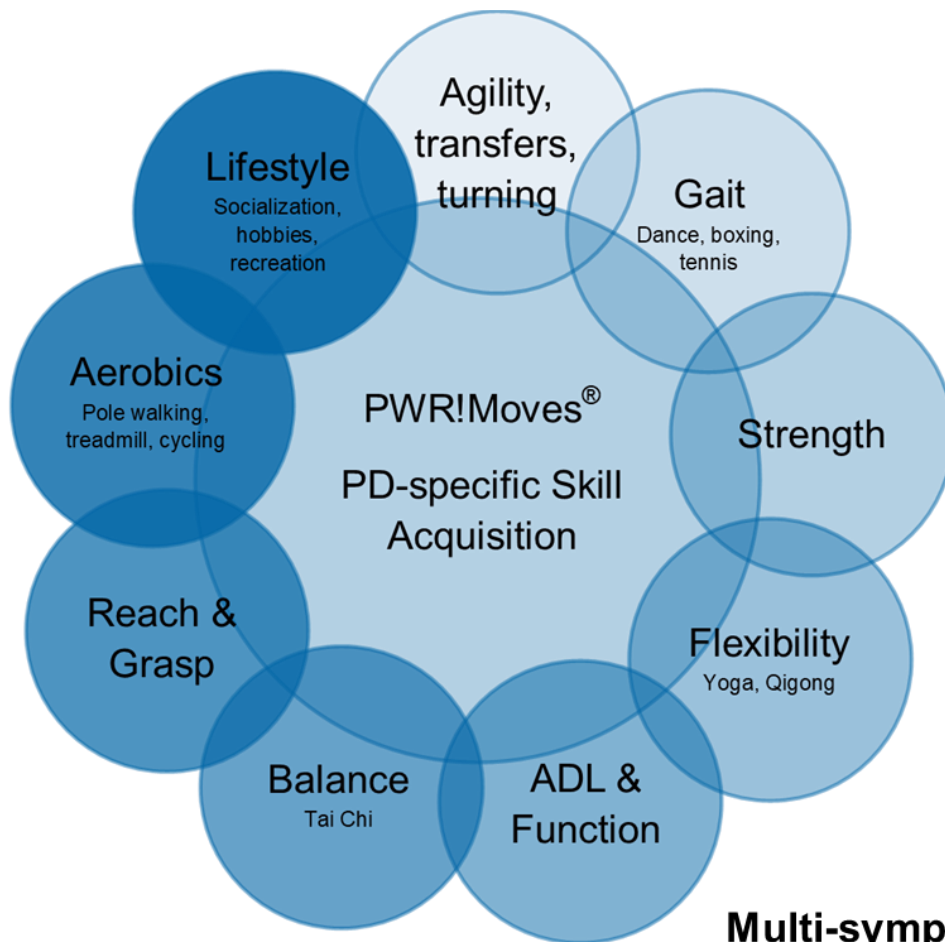
PWR!Moves can be implemented across disease severity, used as stand-alone one-on-one rehab or as a group exercise program, and combined with other therapy.

Building Block of Function	Basic 4 PWR!Moves
Antigravity Extension	PWR! Up
Weight Shifting	PWR! Rock
Axial Mobility	PWR! Twist
Transitions	PWR! Step

PWR!Moves® At a Glance



What are PWR!Moves®?



PWR!Moves can be done anytime and anywhere, and integrated into group exercise, personal training, yoga, lifestyle activities, pole walking, dance, martial arts, recreational sports and more!

PWR!Moves can be done in any position!

Multi-symptom Targeted Approach

PD Symptom	PWR!Moves Method	Description
Rigidity	Prepare	PWR!Moves are performed slowly, rhythmically, and with sustained effort.
Bradykinesia	Activate	PWR!Moves are performed as big and fast as possible, with repetitive effort.
Incoordination	Flows	PWR!Moves are linked together into longer and longer sequences that mimic everyday movement.
Reduced self-awareness	Boosts	PWR!Moves are performed with high attentional focus to engage across multiple motor systems.