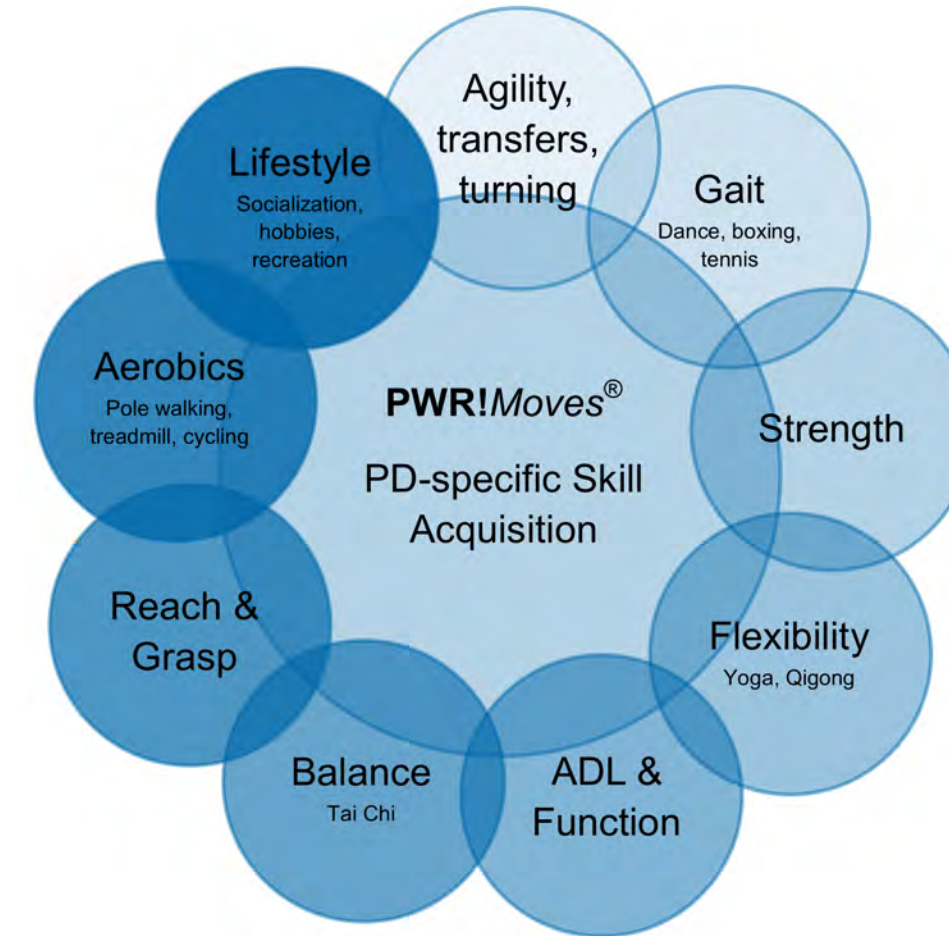


**Flexible, Adaptable Protocol**

**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.

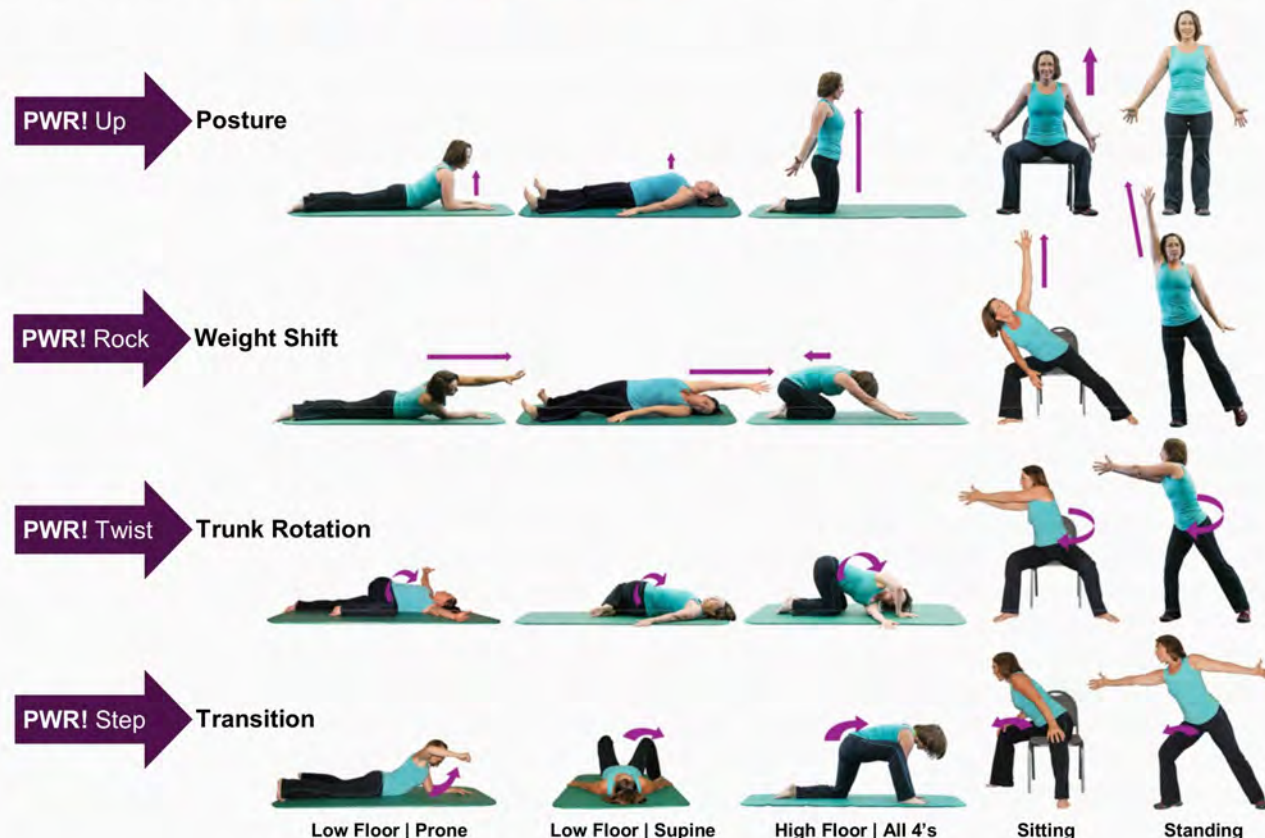
Building Block of Function	Basic 4   PWR!Moves
Antigravity Extension	<b>PWR! Up</b>
Weight Shifting	<b>PWR! Rock</b>
Axial Mobility	<b>PWR! Twist</b>
Transitions	<b>PWR! Step</b>



**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!

# PWR!Moves® At a Glance



**Multi-symptom Targeted Approach**

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