

Course Objectives

MedBridge
Motivating Through Movement for Parkinson's: Exercise and Group Options
Heather J. Cianci, PT, MS, GCS

Course Objectives:

- Describe briefly the research supporting Exer-gaming, Outdoor fitness, and ABC bootcamp
- List the neuroplasticity-based principles of PWR!
- Identify mobility needs that can be met with exercise
- Arrange a group exercise program for patients at different disease levels
- Identify which patient is best for which group exercise program
- List at least two obstacles to starting a program and how to overcome them