



News Release

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CCH therapists receive certification to help Parkinson's patients

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital Rehabilitative Services staff is now certified in PWR!Moves® for patients with Parkinson's disease, thanks to funds from CCH Foundation donors.

PWR!Moves® is a Parkinson-specific training program that helps patients maintain or restore skills that have deteriorated and interfere with everyday movements.

Nineteen therapists and assistants completed a live, 16-hour virtual training and certification on April 24 and 25.

The primary instructor was Dr. Becky Farley, creator of PWR!Moves®. She has trained more than 6,000 physical and occupational therapists and exercise professionals to create specific programs that share functional goals and neuroplasticity-principled aspects of training.

CCH therapists and assistants who received PWR!Moves® certification include Riley Arnold, Julie Bennett, Allison Frisch, Tanya Grube, Jenna Kapels, Amber Podliska, RaeChael Wilcox, Jennifer Hall, Jamie Henke, Doug Janssen, Meghan Jantzi, Hailee Luckey, Doug Peters, Deirdre Schoenfelder, Kara Seier, Kayla Vancura, Jose Velasco, Donette Vis and Brittany Zoucha.

PWR!Moves® certified therapists are Parkinson's disease-specialized physical or occupational therapists. They integrate PWR!Moves® into research-based exercise approaches and task-specific training routines such as dance, boxing, pole walking and gait, agility and flexibility. They also develop and prescribe comprehensive programming to address multiple symptoms, and create personalized goals for varying disease severity or fitness levels.

The new techniques benefit people with Parkinson's during therapy treatments and exercise groups at CCH Rehabilitative Services, located in the Columbus Wellness Center. For more information about CCH Rehabilitative Services, visit www.columbushosp.org.

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