

Professional  
Educational Course

# Boxing Prescription



John Dean  
MA CCC-SLP



Josefa Domingos  
PT, PhD

Register at <https://rebrand.ly/BoxingRX>

## Using boxing to knockout PD challenges.

An educational program for health and exercise professionals that integrates boxing exercises into therapeutic interventions to help manage daily life challenges for people with Parkinson's, such as reaching, turning, walking, and functional mobility.

Location:

University of Washington  
Tacoma, WA

Sun Aug, 18, 2024  
10AM – 4:30PM Pacific

in partnership with:

[www.nwpf.org](http://www.nwpf.org)



NORTHWEST  
PARKINSON'S  
FOUNDATION

Contact information:

[john@dualtaskforparkinsons.com](mailto:john@dualtaskforparkinsons.com)



DUAL TASK FOR  
PARKINSON'S  
Exercise to improve Movement, Voice & Cognition

# Boxing Prescription Course

Boxing Prescription is an educational course focused on utilizing a therapeutic exercise approach tailored for individuals with Parkinson's. This involves a combination of traditional boxing training and clinical interventions to help manage or alleviate daily life challenges. The program integrates and designs boxing drills, movements, and activities that simulate real-life activities such as reaching, turning, stepping, walking, and standing to improve functional mobility.

The program allows instructors to personalize it based on key Parkinson's-related deficits, therapeutic goals, and teaching methods utilizing cueing to reduce the risk of negative movement performance, injuries, or exacerbation of existing issues. Additionally, they can include varying levels of complexity in boxing-based activities to match the participant's progression.

## Date(s) & Time(s):

Tacoma, WA                      DATE: Sun Aug 18, 2024

10A-4:30P (5 Hours of education total)

**Contact info** for questions about the course or any difficulties registering:  
[john@dualtaskforparkinsons.com](mailto:john@dualtaskforparkinsons.com) or (720) 464-6146

Cost: \$300

QR code to register:



Or register at <https://rebrand.ly/BoxingRX>

## CERTIFICATION AND CONTINUING EDUCATION ACCREDITATION

At the end of the session, attendees will receive documentation recognizing their certification in this course. Digital copies of the program schedule, proof of attendance and all educational materials for submission to their respective licensing agencies for continuing education credit.



<b>10:00 AM</b>	Welcome and Introduction
<b>10:15 AM</b>	Why use boxing as an intervention in Parkinson's? Evidence and Clinical expertise
<b>11:00 AM</b>	Who do we include or exclude, and when to change?
<b>11:45 AM</b>	Break
<b>12:00 PM</b>	Parkinson's-specific risks and emergencies that can occur during exercise and boxing training.
<b>12:45 PM</b>	Why and how to add cognition and voice to boxing in Parkinson's?
<b>1:05 PM</b>	Exercises that can be used for key problems in gait, balance & physical capacity. Practical Examples
<b>1:30 PM</b>	Lunch Break (ON YOUR OWN)
<b>2:30 PM</b>	Exercises that can be used for key problems in transfers and mobility. Practical Examples
<b>3:15 PM</b>	Break
<b>3:30 PM</b>	Discussion on best practices for groups vs 1:1 session
<b>4:20 PM</b>	Farewells & future connection

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# Instructors



**Josefa Domingos** is a Physiotherapist specializing in Parkinson's with almost 20 years of working exclusively with people with Parkinson's & other movement disorders. She is an educator, clinician, and researcher. Josefa's career has focused on creating and implementing specialized care for people living with Parkinson's, including boxing programs for Parkinson's. Based on her PhD research, she has published several papers, including the boxing programs she implemented. She is also trained in Boxercise (UK). Josefa is the National Health Coordinator at the Portuguese Parkinson Patient Association (APDPk) and co-founder of Young Parkies Portugal (YPP). She currently holds several international positions, including being the president of Parkinson's Europe, a member of the scientific committee for the Davis Phinney Foundation, and a member of the Wellness Group for the Movement Disorder Society (MDS).



**John M Dean** is a speech-language pathologist specializing in Parkinson's disease and related disorders since 2007. In addition to his clinical work, he has launched networks of interdisciplinary Parkinson's rehab teams and founded award-winning startups building technologies for people with Parkinson's. He is a co-author with Josefa on Parkinson's exercise-related publications, including peer-reviewed papers on boxing. He's also trained in Power Punch for Parkinson's (Colorado). John is the chair of the Health Professionals Special Interest Group (HP SIG) of the International Parkinson and Movement Disorder Society (MDS) and co-chairs the Web Editorial Board. He is also a member of the Scientific Advisory Board for the Davis Phinney Foundation and the PMD Alliance Clinical Advisory Council in addition to being a founding member of Parkytho, a pro bono initiative to highlight interesting startups for Parkinson's around the world.

