



CLINICIAN GUIDE

2026

Your complete
PD Warrior® Guide



The 10 Week Challenge is our PD Warrior signature rehabilitation program and provides the best opportunity for individuals to create long-term behaviour change and get into peak physical and mental condition.

It is an intensive, informative and rewarding exercise based program designed to improve Parkinson symptoms. The Challenge combines daily exercise modules with insightful and educational content to help individuals stay motivated, focused and to improve their clinical symptoms.

As a clinician, your role in the challenge is two-fold: to provide appropriate clinical guidance and tailoring of exercise during the circuit and in the home exercise program, as well as support, motivation and education through the challenge.

Program delivery

During the 10 Week Challenge we recommend that individuals complete the circuit class between 2-3 times per week and complete their home exercise program on the other days. Ideally individuals should attend at least one circuit class in your clinic a week. If you offer more, they are welcome to attend more as they wish. This is to ensure accountability, assess progress and make program adjustments. The balance they can do through the online support program. For this reason, we suggest that you follow the prescribed 10 Week Challenge program for the full 10 Weeks by using this guide.

On the days when they are not completing a circuit, we recommend that individuals work up to completing 3-4 exercises at home. This should take people at least 20 minutes to complete well. If you are unable to tailor the home program for any reason, suggest that they complete the exercises they find most difficult and modify for injuries, ability, quality and for safety. In addition to the exercise program, the 10 Week Challenge also offers weekly education topics. During the 10 Week Challenge it is important to reinforce the education and learnings through discussion and conversation in the circuit. You may wish to watch the education videos for this reason. Prompts and questions are provided in the weekly guide below.

Getting started

Before starting the 10 Week Challenge, each individual needs a thorough assessment to identify any precautions and modifications to exercise, to gather some baseline outcome measures and have a few follow up sessions to consolidate the learnings. They should be familiar with the quality of movement required to exercise effectively and safely, what a 'good rep' should look like and have their home exercise program prescribed specifically for them before starting. If your patient is long-standing or has completed the 10 week challenge before, week 1 offers the ability to capture some baseline outcome measures in the circuit session.

To sign your patients up to the online 10 Week Challenge support program, use the following link. This will provide them with free access to the exercise and education platform for 12 weeks to support their program in the clinic. We recommend that you sign yourself up as well and review the materials at the same time if you are not familiar with the content.

10 WEEK CHALLENGE

WEEK

1

Exercises	Webinar focus	Fact Sheets	Key Questions
• Sky Reach • Box Step • Penguin Waddle • Tahdahs • Over the River • Scarf Snatch • Stop and Squat • ...007 • Overhead Ball Throw • Banded side step Outcome Measures X2 -TUG, TUG + CDT -60s STS Team Building Game	Pathophysiology of Parkinson's What is your understanding of what is happening with PD? Destruction of dopamine producing cells in the basal ganglia. Less dopamine movements become smaller and slower with less control, and can lead to tremor. Can lead to issues with balance, postural control, episodes of freezing and harder to learn new skills.	1. Good Reps 2. Medication	What is your type of Parkinson's? What is the expectation for weekly Neuroactive exercise during the 10WC? How do you know that you have done a 'Good Repetition'?

10 WEEK CHALLENGE

WEEK

2

Exercises	Webinar focus	Fact Sheets	Key Questions
- Wax on, wax off - Leap frog - Sky Reach - Box Step - Penguin Waddle - Tahdahs - Over the River - Scarf Snatch - Stop and Squat ...007 - Overhead Ball Throw - Banded side step Team building game Check in re patient Goal completion	Neuroplasticity in Parkinson's What is your understanding of neuroplasticity? Neuro = brain and nervous system, Plasticity = ability to change. Can change in both a positive and a negative way, depending on stimulus. How long does it take for two neurons to form a new connection? 15 mins. But you need to provide the same stimulus everyday otherwise the connection won't remain so we need to strengthen and reinforce it.	1. Neuroplasticity 2. Weight Shift Weight Shift 1. Effective strategy for FOG. 2. General balance training: navigating uneven surfaces, walking with larger steps, and managing single-leg balance. - Use external focus cues to encourage bigger weight shifts. - Practice in a hallway using the walls as guides 3. Multi-directional movement: forward/backward and lateral	What is your understanding of neuroplasticity? What is the difference between neuro-active exercise and neuro-passive exercise? What cue or strategy will you use to help shift your weight and overcome freezing of gait?" How can you use an external focus cue to improve balance on uneven ground or when changing direction?

10 WEEK CHALLENGE

WEEK

3

Exercises	Webinar focus	Fact Sheets	Key Questions
• YTW lunge • Slam ball • Wax on, wax off • Leap frog • Sky Reach • Box Step • Penguin Waddle • Tahdahs • Over the River • Scarf Snatch • Stop and Squat • ...007 • Overhead Ball Throw • Banded side step	Specificity Type of PD (one or more) & focus of exercises: • Bradykinesia = amplitude, scale, symmetry • Tremor = forced use, high effort (80%), motor output • Agility impaired = dynamic balance, complexity, falls prevention • Post DBS = accuracy & scaling down, endpoints Functional limitations • Getting up off the floor, out of a car, writing, using cutlery, rolling in bed etc. Goals • Improve my arm swing, walking endurance, ability to play golf etc.	1. Specificity 2. Strength Training Strength 1. Build functional strength for daily tasks (getting on and off the ground, transfers and stairs) 2. Support bone density and joint health to prevent fracture, osteoarthritis and other complications. 3. Train each muscle group 2x per week at a challenging 8/10 RPE 4. Improve mobility, walking speed, endurance, and reduce fall risk. 5. Expect normal DOMS 1-2 days after exercise. 6. Exercise helps prevent injuries and supports pain management.	What are some driving forces that determine which exercises you chose and which components you should focus on in each exercise? What daily activity could feel easier if you work on building more strength? How often should you do strength specific training per week?

10 WEEK CHALLENGE

WEEK

4

Exercises	Webinar focus	Fact Sheets	Key Questions
- Bow and Arrow - Kneeling Windmill - YTW lunge - Slam ball - Wax on, wax off - Leap frog - Sky Reach - Box Step - Penguin Waddle - Tahdahs - Over the River - Scarf Snatch - Stop and Squat ...007 - Overhead Ball Throw - Banded side step Team building game	High Effort How does high effort prime the brain to learn? "If you needed to learn something new, are you in a better state to learn when sitting on the couch in the dark or after doing 20 big star jumps with blood pumping, oxygen and neurotransmitters flowing around your body?" Exercise is neuroprotective – it drives neurotransmitters that protect remaining dopamine producing cells. "The PD brain scales down the body's movement. Training at high effort recalibrates the body-brain connection and teaches the body to move with amplitude and purpose again."	1. High Effort 2. Functional Training Functional training 1. We've selected key functional activities that are commonly challenging, but these can be modified or replaced with tasks you personally find difficult. Speak with your therapist for guidance. 2. Functional activities are complex because they involve multiple components (e.g., balance, dexterity, dual tasking). You may need to practice parts of the movement before the whole task. 3. Task-specific practice is important to target individual goals and ensure the activity is appropriately challenging.	What is VIPP used for? A tool used to increase effort in ANY exercise What does VIPP stand for and how can it be applied in this exercise? Voice (or breath) Imagery Pause (active pause) Power stance What everyday task do you want to improve with functional practice this week? Which part of a complex movement will you practice first before doing the whole task?

10 WEEK CHALLENGE

WEEK

5

Exercises	Webinar focus	Fact Sheets	Key Questions
• Knock and clap • Around the world • Bow and Arrow • Kneeling Windmill • YTW lunge • Slam ball • Wax on, wax off • Leap frog • Sky Reach • Box Step • Penguin Waddle • Tahdahs • Over the River • Scarf Snatch • Stop and Squat • ...007	Power Amplitude • Thing BIG – really reach your hand in the air, get that extra 10%. Big walking NOT fast walking. No focus on speed. Control • We don't want injuries (slight bend in elbows rather than hanging into joints) Endpoints • Move from one position to another – crisp and defined. ACTIVE PAUSE Refer back to VIPP (especially for imagery)	1.VIPP 2.Scale & Amplitude Scale and amplitude 1. Because of bradykinesia, practice exaggerated movements to achieve the desired amplitude in daily tasks. 2. Focus on big steps over small steps for better movement success. 3. Include big arm swing to improve walking quality. 4. Apply these principles to functional activities (e.g., making the bed, cutting bread). 5. Use active pause to check in and increase amplitude - If you can't feel it, take a look – mirror, video, buddy	When do you find VIPP to be most useful in everyday activities? Which everyday activity will you try to 'move big' with bigger steps or arm swing this week? How will you check in (pause, mirror, video, or buddy) to make sure your movements are large enough this week?

10 WEEK CHALLENGE

WEEK

6

Exercises	Webinar focus	Fact Sheets	Key Questions
• PDW Nutbush • Pogos • Knock and clap • Around the world • Bow and Arrow • Kneeling Windmill • YTW lunge • Slam ball • Wax on, wax off • Leap frog • Sky Reach • Box Step • Penguin Waddle • Tahdahs • Over the River • Scarf Snatch	Complexity With any neuro condition, motor tasks become less automatic, such as walking. Without realising it, you are thinking about your walking. When we give you something else to focus on like counting or spelling, your walking slows down. This can improve with practice. It is NOT about mastering the exercises – we need to transition that into the real world so always ushing the challenge and continuing to move the goal posts. Challenge = Change!	1. Dual-task training 2. Complexity Complexity 1. Dual tasking improves functional carryover for activities like walking while talking, completing complex tasks, and community activities such as shopping. 2. Supports slowing cognitive decline—important as up to 50% of people with PD experience some cognitive deficit. 3. Enhances safe mobility and reduces falls risk. 4. Helps maintain participation in higher-level activities such as driving, sports, and caring for grandchildren	What are ways we can make exercise more challenging? Motor dual tasking Cognitive dual tasking Changing the choreography slightly Add a balance component What daily activity will you try practicing with both movement and thinking together this week?" How will practising tasks that combine thinking and moving help you feel safer and more confident when you're out in the community?

10 WEEK CHALLENGE



Exercises	Webinar focus	Fact Sheets	Key Questions
• The compass • Rainbow rock • PDW Nutbush • Pogos • Knock and clap • Around the world • Bow and Arrow • Kneeling Windmill • YTW lunge • Slam ball • Wax on, wax off • Leap frog • Sky Reach • Box Step • Penguin Waddle • Tahdahs	Frequency “Due to the problem with the basal ganglia, it’s harder for you to learn new skills and retain new information. For that reason, I need to tell you the same thing over and over again close together to increase carryover between sessions and help you learn new skills. It takes 15 mins for two neurons to make a connection. To strengthen and maintain this, you need to use it again and again. So the rule of thumb is at least 20 minutes of neuroactive exercise each day. You are going to learn to implement these principles into your day to day life.	1.Frequency 2.Vestibular Training Vestibular 1. Around 48–68% of people with PD experience dizziness, which impacts balance, increases falls risk, and reduces quality of life. 2. Functional tasks affected include catching public transport and walking on escalators. 3. Balance relies on vision, proprioception, and the vestibular system—so vestibular exercises are important to target all three. 4. Useful variations include eyes open/closed, head turns, and fixed vs. moving targets	What changes have you made to build consistency with your exercise? What everyday situation (like buses, escalators or crowded places) will you practice using your balance systems together this week? What three systems work together to keep us balanced?

10 WEEK CHALLENGE

WEEK

8

Exercises	Webinar focus	Fact Sheets	Key Questions
- Hot coals - Lawnmower - The compass - Rainbow rock - PDW Nutbush - Pogos - Knock and clap - Around the world - Bow and Arrow - Kneeling Windmill - YTW lunge - Slam ball - Wax on, wax off - Leap frog - Sky Reach - Box Step	Salience What is your WHY? If you slow the progression of your PD, what is that going to allow you to do? “At the moment, there is no cure for Parkinsons’ and I’m sitting here telling you to work at 80% effort every day for the rest of your life. If you don’t have a really good reason why you would get out of bed and work hard every day, you’re not going to do it.” DUMB goals = dream driven, uplifting, magnificent/motivating brave	1. Salience 2. Agility & Dynamic Balance Agility and Dynamic Balance 1. Community access: managing unpredictable environments, varied terrain, and stairs. 2. Reactive stepping and falls prevention: preparing for sudden movements (e.g., bus/train stops) using power and explosive responses. 3. Leisure activities: playing with grandchildren, sports, higher-level tasks, beach/waves, and bushwalking. 4. Balance challenge: aim to ‘fail’ about 50% of the time—if you can maintain balance 100% of the time, the exercise isn’t challenging enough.	What is your WHY that will keep you exercising after the challenge? What strategies have you started to think about to keep your activity levels up after the 10WC? What every day activities have you started integrating PDW principles into regularly? What real-world situation (like uneven ground or a sudden stop) will you practice reacting to this week? “How can you challenge your balance more this week—so it’s difficult about half the time?” (Reinforces the idea that balance training should be challenging to be effective, not always easy.)

10 WEEK CHALLENGE

WEEK

9

Exercises	Webinar focus	Fact Sheets	Key Questions
• Stair step • Boxing combo • Hot coals • Lawnmower • The compass • Rainbow rock • PDW Nutbush • Pogos • Knock and clap • Around the world • Bow and Arrow • Kneeling Windmill • YTW lunge • Slam ball • Wax on, wax off • Leap frog	Fun • Increased fun = increased engagement = increased neuroactivity = Increased neuroplasticity. • Increased fun = increased motivation = increased frequency = Increased neuroplasticity • Long term behaviour change and exercise habits.	1. Fundamentals 2. Cardiovascular Training Aerobic exercise 1. Aerobic exercise targets 80% motor output compared to cardiac output. 2. Important to understand the difference between neuromuscular fatigue and cardiovascular fatigue. 3. The talk test helps monitor exercise intensity. 4. High-intensity aerobic exercise (>80% max HR) boosts BDNF, supporting cognitive function. 5. Builds endurance needed for community access and daily activities. 6. Helps reduce the risk of secondary complications such as stroke and metabolic disease.	Why is FUN an important concept in Neuroplasticity and PDW? How will you use the talk test or your breathing to check you're working at the right aerobic intensity?" Why is it high intensity aerobic exercise important for people with PD?

10 WEEK CHALLENGE

WEEK

10

Exercises	Webinar focus	Fact Sheets	Key Questions
• Dot Scotch • Ice skater • Stair step • Boxing combo • Hot coals • Lawnmower • The compass • Rainbow rock • PDW Nutbush • Pogos • Knock and clap • Around the world • Bow and Arrow • Kneeling Windmill • YTW lunge • Slam ball	Long Term Adherence What other exercise modalities and groups should you now be considering factoring in: ◦ -Strength training >2/week ◦ -Cardiovascular training 3-5/week ◦ -Balance training >2/week Signpost to NeuroGym, NeuroBalance and EP 1:1s for the above goals.	1. Long term adherence 2. Plyometrics Plyometric exercise • With aging, tendons stiffen. Tendons need about 12 weeks of consistent training to improve tendon stiffness and elastic energy storage. (think “rubber band” analogy). • Training helps improve walking speed. • Supports injury prevention. • Muscles contract to push off the ground, while tendons recoil to boost that push. Urinary incontinence can occur—if it does, speak with a health professional as a women’s or men’s health physiotherapy appointment will be beneficial	What goals have you achieved ? What has been the best moment in the past 10 weeks for you? What are some other options to continue daily NeuroActive exercise: Tennis, boxing, pickleball, dancing, swimming drills, golf, HIIT etc. What change to your walking will strengthening your tendons with plyometric exercise make? Which specialist should I see if I experience urinary incontinence when participating in plyometric exercise?