

PWR!Gym Internship – University of Arizona College of Medicine

Parkinson Wellness Recovery | PWR! is a 501(c)(3) tax-exempt nonprofit. It was founded in 2010 in Tucson, Arizona by Dr. Becky G. Farley, Ph.D., MS, PT, who developed [PWR!Moves](#), Parkinson's-specific exercises that help maintain and restore skills that have deteriorated and can interfere with everyday movements. Our mission is to enhance access to and awareness of research-driven exercise that improves quality of life for people with Parkinson disease.

Overview

PWR! Gym offers an engaging, hands-on internship experience for University of Arizona College of Medicine students interested in rehabilitation, neurological conditions, and community wellness. Interns will work closely with our physical therapists, occupational therapists, and exercise therapists to support individuals with Parkinson's and their care partners in a dynamic, mission-driven environment.

Responsibilities

Interns may participate in the following activities based on skill level, training, and supervisor approval:

Clinical Support & Direct Interaction

- Shadow Physical, Occupational, and Exercise Therapists: Observe evaluations, treatment sessions, and clinical reasoning in real-time.
- Assist Therapists During Sessions: Support PTs, OTs, and exercise therapists with basic therapeutic exercises and session setup.
- Support Daily Clinic Operations: Clean, organize, and put away equipment to maintain safety and efficiency.
- Assist in Group Exercise Classes: Provide hands-on and verbal support to participants in specialized Parkinson's exercise classes.
- Lead Group Exercise Sessions: With proper training, help lead classes designed to promote mobility, strength, and functional confidence.
- Provide Education: Offer evidence-based information to members, clients, care partners, staff, and fellow students on topics related to Parkinson's, exercise, and wellness.

Research & Quality Improvement

- Assist with data collection for research projects and program evaluations.
- Help enter clinical or research data into secure spreadsheets or databases.
- Participate in quality improvement initiatives, such as updating educational materials, refining class protocols, or supporting outcome tracking.

- Support development of educational content (handouts, visuals, exercise libraries) used in therapy and wellness programs.

Administrative Support

- Organize therapy supplies, forms, and educational packets to streamline clinic operations.
- Assist with scheduling-related tasks such as reminders or follow-up calls (as appropriate).

Outreach & Community Engagement

- Support special events such as Moving Day, Parkinson's Awareness Month activities, screenings, and workshops.
- Participate in member onboarding by helping orient new clients to the gym environment and class structure.

What Interns Gain

- Hands-on experience in an interdisciplinary neuro rehab and wellness setting
- Exposure to PT, OT, and exercise therapy approaches for Parkinson's
- Opportunities to develop leadership, education, and clinical support skills
- Experience participating in research and program development
- Mentorship from experienced rehabilitation and exercise professionals
- The chance to directly impact the lives of people living with Parkinson's

Requirements and Ideal Candidate Qualities

- Strong communication and interpersonal skills
- Interest in neurological rehabilitation, exercise science, or movement disorders
- Willingness to learn, take initiative, and collaborate with an interdisciplinary team
- Comfort working with older adults and individuals with Parkinson's
- Professionalism, reliability, and compassion

Class Standing: Any Year

International Students: Yes

Internship Type: Unpaid, For Credit

Hours Per Week: 8-10

Mode: In Person

Location: 4343 N Oracle Rd, Ste 173, Tucson, AZ 85705

For applications or additional inquiries, contact Calli Hutchison at chutchison@pwr4life.org