

## **Dawna Pidgeon, Physical Therapist, TJQMBB Trainer**

Dawna Pidgeon received her physical therapy degree from the University of Vermont in 1986. She currently practices at Dartmouth Hitchcock Medical Center (DHMC) in Lebanon, NH. She has been the coordinator for Dartmouth-Hitchcock Rehabilitation Medicine's Balance and Vestibular Program since 1994 and specializes in the treatment of individuals with neurologic and balance disorders.

Dawna received her initial Tai Ji Quan: Moving for Better Balance® (TJQMBB) instructor training in 2013 and has been teaching TJQMBB classes at DHMC since that time. With the training opportunities with Fuzhong Li, Ph.D. and another trainer, she became an authorized TJQMBB trainer in 2015. As a trainer, she has conducted several TJQMBB community instructor training workshops and refreshers in the states of Massachusetts and New Hampshire.

Dawna is a member of the Falls Team at the Dartmouth Centers for Health and Aging (DCHA) which was awarded a two-year Administration on Aging/Administration for Community Living grant in 2015 to disseminate TJQMBB throughout New Hampshire and increase community based as well as health professional falls screening for older adults and individuals with Parkinson's Disease. As a fall prevention expert, she has given numerous presentations regionally and nationally on the topic of balance and falls risk reduction, including the most recent one where she was invited to present at the National Council on Aging CDSME and National Resource Center Falls Prevention Grantees' 2016 Meeting in the "Ask the Expert" session for Tai Ji Quan: Moving for Better Balance®. Dawna continues to support trained instructors in New Hampshire as a part of the DCHA grant and NH Falls Task Force.

In addition to her clinical work and TJQMBB teaching and training activities, Dawna chairs the DHMC Ambulatory Falls Task Force and has participated in collaborative efforts to develop an Interprofessional Falls Clinic within General Internal Medicine, a Parkinson's Wellness Program and a Falls Screening Program in the Emergency Department. She has been the physical therapy lead in several studies at DHMC and is currently the co-investigator in a study related to emergency room falls screening. She is the co-chair of the New Hampshire Falls Risk Reduction Task Force and has been involved in statewide initiatives since 1999.