

# IMG PHYSICAL THERAPY

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## Parkinson's Disease Exercise Sheet

Training, Working out, or Rehabilitation of the whole body has many benefits, but may take an extended period of time. A loss of strength, range of motion, and use is common when dealing with Parkinson's Disease. Your strength, range of motion, and use of your body can be improved if you follow your program. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember...

- \* Any specific exercise that causes pain, especially sharp knife like pain, may lead to an injury and should be modified or discontinued until you notify your therapist.
- \* Increased swelling after exercise indicates that the exercises may be too difficult or are not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- \* Re-injuries during the rehabilitation or the training process will slow your progress. If you sustain recurring pain either decrease the intensity, amount of repetitions, or time performing the exercise.
- \* You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase pain or swelling.
- When in doubt about how many repetitions, sets, or length of stretch, guess low. It is safer and easier to add time or range of motion than to hurt yourself with too aggressive of an intensity to start.
- \* Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

# Management of Parkinson's Disease

## **What is Parkinson's Disease?**

- Parkinson's disease (PD) is a chronic and progressive movement disorder, meaning symptoms will continue to worsen over time.
- PD involves the progressive death of neurons in the brain. These neurons release a chemical transmitter called dopamine, a chemical that is responsible for sending messages to the area of the brain that controls movement and coordination.
- A decrease in these dopamine neurons results in difficulty with movement and coordination.

## **What Causes Parkinson's Disease?**

- 85% of cases are idiopathic, meaning there is no known cause.
- Family History may account for 5-10% of cases.

## **What are signs and symptoms of Parkinson's Disease?**

- Tremor: in hands, arms, and/or legs that is present at rest
  - Usually 1<sup>st</sup> Symptom to appear
- Rigidity: stiffness of the arms, legs, and trunk
- Bradykinesia or Akinesia: slowness of movement or difficulty with movement
  - Shuffling when walking
  - Freezing in confined spaces
- Postural instability: impaired balance and coordination

## **How can Physical Therapy and Exercise ease symptoms of Parkinson's Disease?**

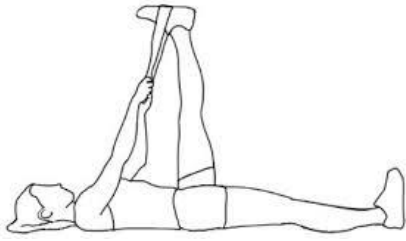
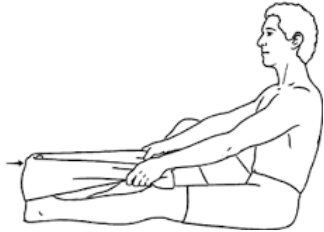
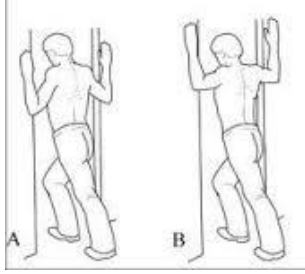
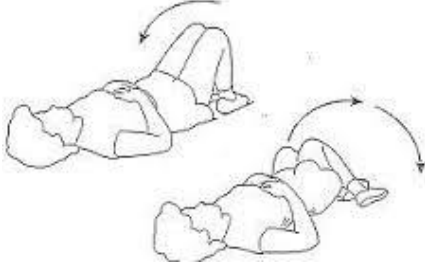

- **Can help maintain and improve:**
  - Flexibility
  - Joint Range of Motion
  - Mobility
  - Balance
- **Evidence supporting exercise and PD;**
  - Improves brain functioning
  - Slows disease progression

## **Tips to Avoid Freezing: Remember the 4 S's**

1. STOP
2. Stand Tall
3. Shift Weight
4. Step BIG

# Parkinson's Home Exercise Program

## Stretching:

<b>Hamstring Stretch:</b>		<b>Calf Stretch</b>	
		Stretching: Calf – Towel 	
Hold:	30 Seconds	Hold:	30 Seconds
Repeat:	3 x	Repeat:	3 x
<b>Doorway Stretch:</b>		<b>Trunk Rotation Stretch:</b>	
			
Hold:	30 Seconds	<b>Hold:</b>	<b>30 Seconds</b>
Repeat:	3 x	<b>Repeat:</b>	<b>3 x</b>
<b>Hip Flexor Stretch:</b>		<p><i>Perform each exercise once a day, 4-5 days per week</i></p>	
			
Hold:	30 Seconds		
Repeat:	3 x		

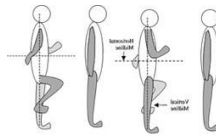
**Exercises:** *You will need a family member or friend with you during these exercises.*

### Sit to Stand with High Marches

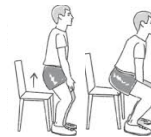
- Move towards edge of seat.
- Lean forward so that your toes are over your nose
- Rise from seated position to standing position without using arm rests.
- March in place for 30 seconds.
- Reach for arm rest, lean forward, and slowly lower yourself to seated position.
- Repeat 3 times.



**Sit to Stand**



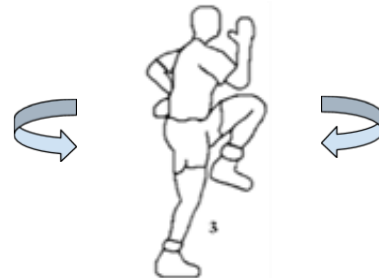
**March 30 sec.**



**Return to Sitting**

### High Marching in Circle

- Perform high marches while turning in a circle
- Turn 5 times Right and 5 times Left
- Focus on upright posture and high knees



### High Marching Sideways over Cones

- Place 4 cones about 1 foot apart
- March sideways over each cone
- Repeat going the opposite direction
- Focus on upright posture and high knees
- Repeat 5 times



## High Marching Forward over Cones

- Place 4 cones about 1 foot apart
- March forward over each cone
- Turn around using high march
- Repeat going the opposite direction
- Focus on upright posture and high knees
- Repeat 5 times



## Walking Stop and Go's

- You will need a family member or caregiver with this exercise
- Find a clear, level area to walk in your home
- Walk quickly
- Family member will yell “Stop” and you will stop in place
- Family member will yell “Go” and you will begin walking again
- Perform this exercise for 1 min.
- Repeat 3 times
- Focus on upright posture, big stepping and swinging arms



## Walking with Metronome

- You will need a family member or caregiver with this exercise
- Find a clear, level area to walk in your home
- Have family member set pace on Metronome
- Family member will change metronome and you will have to adjust your speed to match the metronome
- Perform this exercise for 1 min.
- Repeat 3 times
- Focus on upright posture, big stepping and swinging arms



**Download for Free:** Metronome App

**Purchase on Amazon:** \$10-\$20.

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