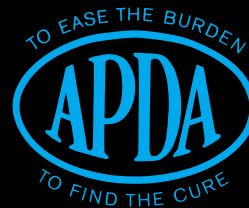
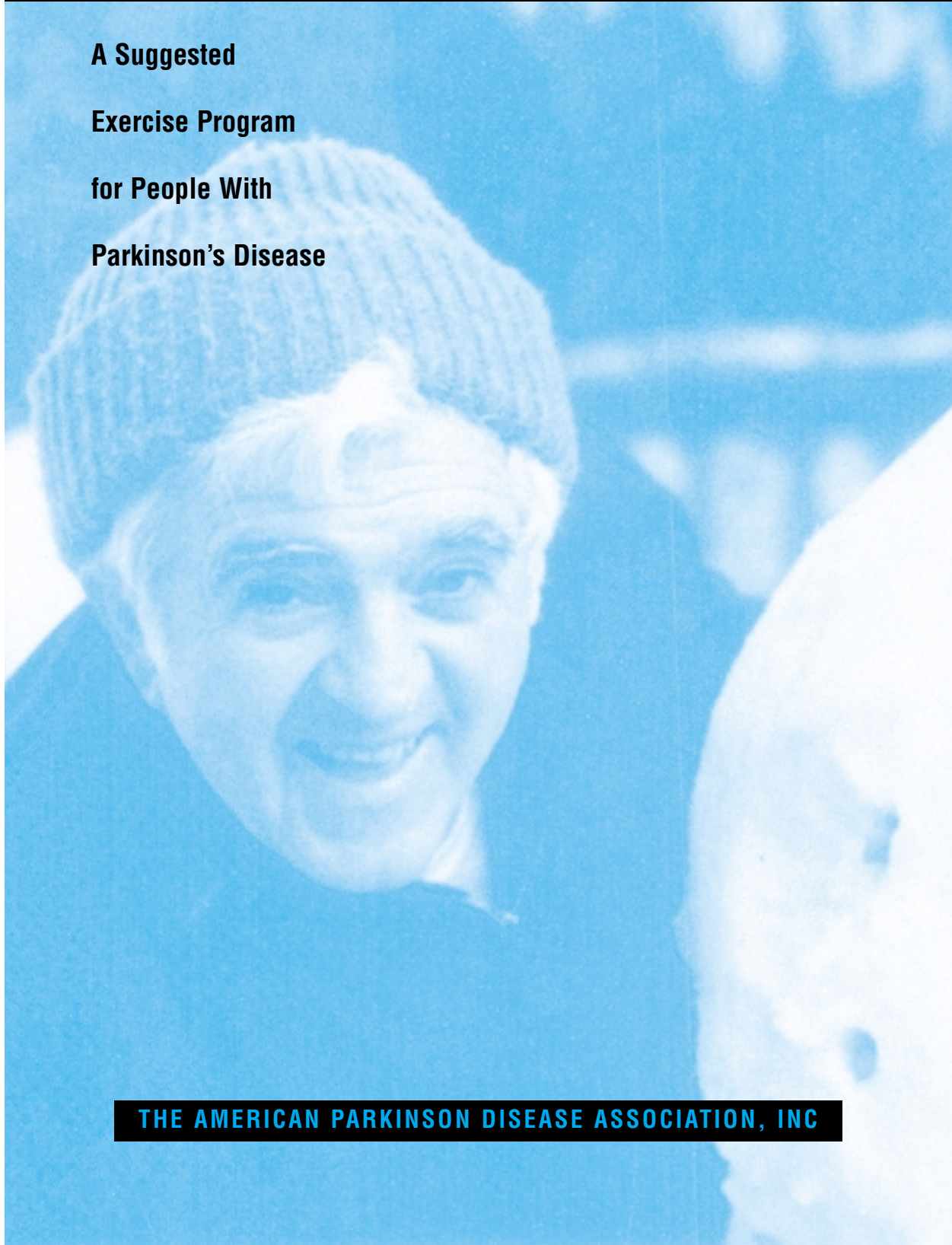


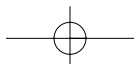
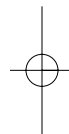
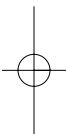
Be Active!



**A Suggested
Exercise Program
for People With
Parkinson's Disease**



THE AMERICAN PARKINSON DISEASE ASSOCIATION, INC



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Be Active!

A Suggested Exercise Program for People With Parkinson's Disease



This booklet was originally written and compiled for The American Parkinson Disease Association, Inc, by Rose Wichman, RPT, The Institute for Rehabilitation Services, Methodist Hospital, Minneapolis Minnesota, ©1990. It was redesigned and reprinted in 2000 through an unrestricted educational grant from Pharmacia & Upjohn Company and Boehringer Ingelheim Pharmaceuticals, Inc.

THE AMERICAN PARKINSON DISEASE ASSOCIATION, INC

A Suggested Exercise Program for People With Parkinson's Disease

Parkinson's disease causes slowness of movement, muscle rigidity, and joint stiffness. It can also create changes in one's posture, walking, and endurance. Daily tasks such as rising from a chair or turning in bed can become difficult to perform. Many individuals have been encouraged to perform regular exercise to help improve mobility. This booklet contains suggested activities to help build needed exercise into your daily routine. The suggestions may also make everyday tasks easier to perform.

You should obtain medical clearance from your personal physician before beginning this, or any, exercise program. Most of the exercises can be done lying down or sitting, but you may need to modify the program for your personal needs. A physical therapist in your area can help to create a more individualized program, if needed.

The following suggestions will help you gain the most benefit from your exercise program:

- **Choose a time to exercise when you are well rested and moving most freely.**
- **Wear loose, comfortable clothing and shoes with good support.**
- **Structure your program to include adequate rest periods, or divide your program into several shorter sessions.**
- **Move slowly through each exercise. Avoid "bouncing" motions.**
- **Maintain normal breathing throughout exercises.**

In addition to the exercises suggested in this booklet, regular conditioning exercises such as walking, riding a stationary bicycle, swimming, and other types of water exercise can help to improve cardiovascular endurance.

Exercise promotes relaxation and can help reduce stress. So join in; be active! It's just one way of taking steps to better cope with Parkinson's disease.

Sitting

Deep Breathing

Purpose: To promote relaxation and awareness of using the diaphragm in respiration.

Place hands on abdomen. Breathe in slowly through your nose, feeling your diaphragm expand as you inhale. Then exhale slowly through your mouth as if you were trying to blow out a candle. Repeat 10 times.

Head Turns

Purpose: To promote neck flexibility.

Turn head slowly side to side, looking over each shoulder. Feel a gentle stretch in neck muscles. Repeat 10 times.



Head Tilts

Purpose: To promote neck flexibility.

Look straight ahead. Move head sideways, bringing ear toward shoulder. Feel a gentle stretch in neck muscles. Repeat each side 10 times.



Sitting

Chin Tucks

Purpose: To promote good posture and help decrease “forward head” position.

Jut chin forward (think of a turtle’s head as it pushes out of its shell). Then pull chin in as far as possible. Repeat 10 times.



Shoulder Shrugs

Purpose: To promote mobility in neck, shoulders, and upper back.

Shrug shoulders upward, bringing shoulders up toward ears. Hold to a count of 5. Relax. Repeat 10 times. If this exercise feels difficult, try one shoulder at a time.



Shoulder Squeezes

Purpose: To promote mobility in neck, shoulders, and upper back.

Squeeze shoulder blades together, bringing elbows behind you. Hold to a count of 5. Relax. Repeat 10 times.



Sitting

Trunk Twists

Purpose: To promote mobility in neck, shoulders, and trunk muscles.

Place hands on shoulders. Twist head, neck, and trunk from side to side as far as possible, feeling stretch in trunk muscles. Repeat 10 times.



Sitting

Slouch/Arch

Purpose: To promote awareness of good sitting posture and assist in trunk flexibility

Slouch forward in a flexed posture. Then arch backward to create a curve in the small of your back. Repeat 10 times.



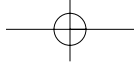
Sitting

“Wand” Exercise

Purpose: To promote shoulder flexibility.

Grasp cane or yardstick with both hands and lift overhead. Then try to bring cane behind head. Lift overhead and lower it back to your lap. Repeat 10 times.



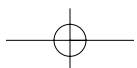


Standing

Arm Stretch

Purpose: To promote shoulder flexibility.

Hold arms straight out in front of you. Slowly push arms out to sides, keeping elbows straight. Return arms to original position. Repeat 10 times.



Sitting

Wrist Circles

Purpose: To promote wrist flexibility.

Make slow circles with your wrists. Circle wrists five times in each direction. Stabilize forearm to get better wrist motion, if needed.



Finger/Thumb Circles

Purpose: To promote finger dexterity.

Slowly bring each finger to your thumb, making round circles between thumb and finger. Begin slowly, then increase speed. Repeat 10 times.



Sitting

Kicks

Purpose: To promote knee mobility and leg strength.

Kick leg straight out in front of you, making sure knee is completely straight. Repeat with each leg 10 times.



Sitting

Hamstring Stretch

Purpose: To promote knee flexibility and good standing posture.

Place one leg up on a small stool with the other foot flat on the floor. Place hands on knee and lean forward, feeling stretch in back of knee. Hold for a count of 20. Relax. Repeat with each leg five times.



Sitting

Gluteal Sets

Purpose: To strengthen muscles in back of hips

Squeeze buttocks together. Hold contraction for a count of 5. Relax. Repeat 10 times.

Ankle Circles

Purpose: To promote ankle flexibility.

Raise a leg off the floor. Make slow circles with ankle. Circle ankle 10 times in each direction. Repeat with other ankle.



Supine

Knee to Chest

Purpose: To promote flexibility in lower back and hips.

Raise knee up toward chest as far as possible, bending at hip. Repeat with each leg 10 times.



Supine

Bridging

Purpose: To strengthen hip muscles.

Place feet flat on bed or floor with knees bent. Raise hips off surface as high as possible. Repeat 10 times.



Supine

Hip Rolls

Purpose: To promote hip and trunk flexibility.

Lay on flat surface. Place feet flat on surface with knees bent. Roll knees side to side as far as possible. Repeat 10 times in each direction.



Supine

Straight Leg Raise

Purpose: To strengthen hip and knee muscles.

Lay on flat surface with one knee bent and other leg straight. Raise straight leg entirely off surface, keeping knee straight. Return slowly to original position. Repeat with each leg 10 times.

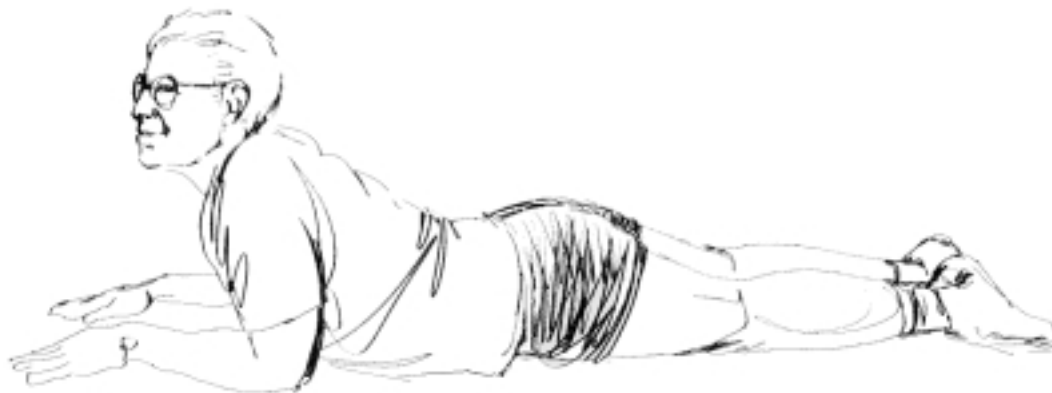


Prone

Prone Lying on Elbows

Purpose: To stretch hip muscles and promote flexibility in lower back.

Lay flat on stomach for 3 to 5 minutes. Then try to prop yourself up on your elbows to create a curve in small of your back. Maintain this position for 3 to 5 minutes. Relax.



Standing

Toe Raises

Purpose: To strengthen calf muscles.

Hold on to back of chair or counter for support. Raise up on tiptoes 10 times.



Standing

Calf Stretch

Purpose: To stretch calf muscles.

Hold on to back of chair or counter for support. Place one foot forward. Bend forward at knee, keeping back heel flat on floor. Feel stretch in back calf muscles. Hold for a count of 20. Repeat with each leg five times.



Standing

Wall Push-ups

Purpose: To stretch shoulders and promote good posture.

Standing toward a corner, place one hand on each wall. Now lower yourself toward wall, feeling stretch in shoulders. Keep feet flat on floor. Then push yourself away from the wall. Repeat 10 times.



Posture



Parkinson's disease, combined with a decreased activity level, can create changes in posture. Individuals may develop "forward head," rounded upper back, forward trunk lean, or flexion contractures of the hips and knees. These changes can produce neck and back pain or tendency for increased balance loss. It is important to evaluate your own posture and make necessary changes.

Sitting Posture

Choose a chair that offers a stable base and good support. Place a small towel or roll a pillow in the small of your back to maintain lumbar curve. Sit up straight, maintaining eye contact with those around you. Avoid sleeping in a chair, which promotes flexed posture.



Standing Posture

Keep shoulders back, avoiding forward trunk lean. Avoid standing with hips or knees bent.

Sleeping Posture

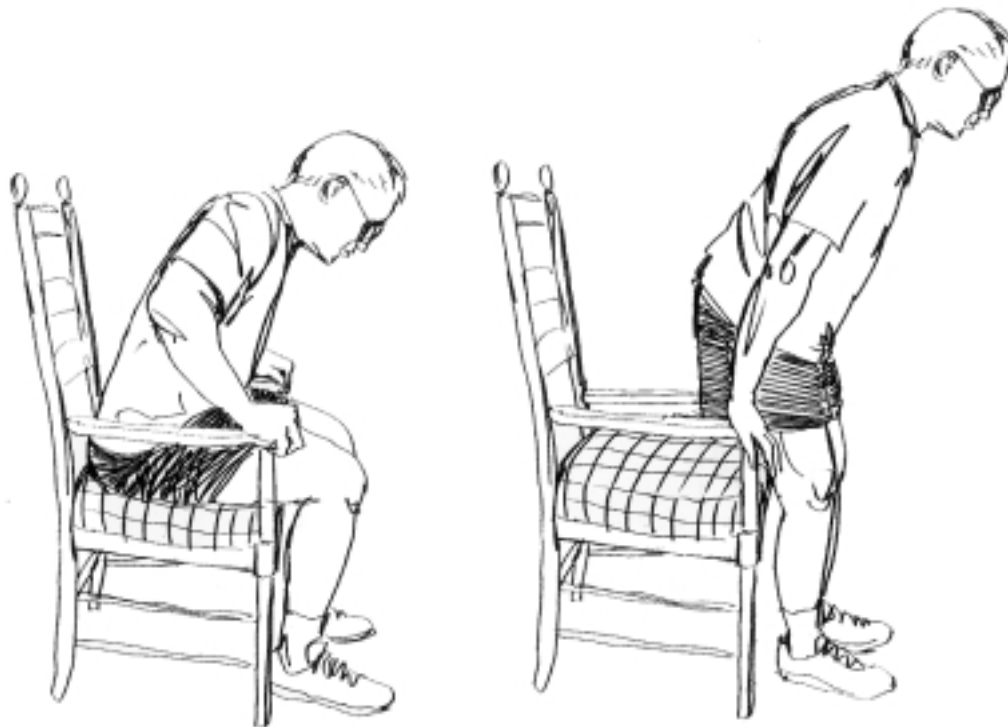
Avoid too many pillows under your head. Consider using a towel roll or cervical pillow to support neck when sleeping. Place pillow between knees when sleeping on side to decrease lower back pain.

Transfers

Rising From a Chair

1. Slide out to edge of chair.
2. Place hands on chair armrests.
3. Lean forward far enough to get your nose over your knees.
4. Place feet under you.
5. Push on armrests and boost up, leaning forward until you are on your feet.
6. Rocking back and forth several times may help boost yourself up more easily.

Elevated toilet seats with grab bars and “electric lift” chairs may be good options for those with significant transfer limitations.



Transfers

Getting Up From Bed

1. Bend knees up, placing feet flat on bed.
2. Turn on to side, reaching arm across body to assist rolling. (See illustration).
3. Move feet off edge of bed.
4. Use arms to push self into sitting position. (See illustration). A half side rail or chair fastened to the side of the bed may help.



Lying Down in Bed

1. Sit on edge of bed.
2. Lift legs into bed
(one at a time may be easier).
3. Lie down with head on pillow.
4. Slide legs into center of bed
(moving one leg at a time may be easier).



Walking

Walking is an excellent activity for conditioning and endurance. Parkinson's disease may cause changes in your walking pattern and contribute to balance loss and falls.

There are several things you can do to help compensate for these changes:

- Maintain space between feet to promote better balance support.
- Take a longer stride, allowing heel to strike floor first with each step.
- Allow arms to swing freely at sides. Avoid putting hands in pockets or behind the back.
- Turn corners in a wide arc. Avoid crossing one foot over the other when turning.
- Try to make your first step a long one. If short, shuffling steps occur, STOP! Start over, making your first step long enough to strike heel down first.
- If you experience a "freezing" episode, try to relax. Imagine you are stepping over something or marching in place to help break the freeze.
- Wear good support shoes. Avoid open-toed, high-heeled, or crepe-soled shoes.

Assistive devices such as wheeled walkers or canes may improve your stability. Contact your physician or physical therapist for specific recommendations, fitting, and gait training.



APDA Information and Referral Centers

Alabama, Birmingham
University of Alabama at
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205-934-9100

Arizona, Tucson
University of Arizona
520-326-5400

Arkansas, Hot Springs
St. Joseph's Regional
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501-518-1690

California, Los Angeles
Cedars-Sinai Health System
310-855-7933

California, San Diego
Information & Referral Center
619-273-6763

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203-789-3936

Florida, Jacksonville
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904-953-7030

Florida, Pompano Beach
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800-825-2732

Florida, St. Petersburg
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813-898-2732

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404-778-5120

Idaho, Boise
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208-367-6570

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847-657-5787

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847-657-5787
800-223-9776 - (Out of IL)

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504-568-6554

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518-452-2749

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718-945-7079

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212-983-1379

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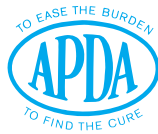
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Appleton Medical Center
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888-797-2732

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702-328-1715

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Glenbrook Hospital
800-223-9776 (outside IL)
847-657-5787

Please contact the nearest I&R Center or the National Office for information regarding
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You can also dial the toll free number 1-888-400-2732 to contact the I&R Center closest to you.



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