

GETTING TO KNOW YOUR PHYSIOTHERAPIST

A physiotherapist is an expert in physical therapy and exercises. He or she may recommend certain exercises to help your condition and may tell you exercises you should avoid. Physiotherapist can also advise you on how hard you should be exercising and how long you should generally exercise for.

WHAT EXERCISES SHOULD I DO?

The kind of exercises you do will depend on your physical ability. In general, as you get older, you may gradually lose strength in your muscles. Therefore, if you are an older person, resistance exercises such as lifting weights will be more helpful in slowing down the loss of muscle strength and improving your balance and mobility. For your abdominal muscles, sit-ups will be beneficial if you are able to do them. If you have knee or hip arthritis, regular exercise will help you deal with it. If you have diminished shoulder motion (also known as frozen shoulder), arm and shoulder exercises will be effective. Posture problems such as scoliosis are helped with exercises that focus on strength and back flexibility. Pelvic and lower abdominal exercises are beneficial for constipation and urinary dysfunction commonly associated with Parkinson's.

If you have advanced Parkinson's or other health related issues such as heart disease or diabetes, these will have an effect on what kind of exercises you can do. Therefore, you should consult with your physiotherapist to find exercises most suitable for your needs and abilities.



DID YOU KNOW?

The number of Parkinson's patients will double by 2031. Millions of Parkinson's patients around the world are suffering from poverty and...

- Cannot afford to buy their medications
- Cannot afford to purchase a cane, walker, or a wheelchair
- Cannot obtain educational literature about Parkinson's in their language
- Are not able to afford consulting a neurologist and remain undiagnosed and untreated

OUR UNIQUE SERVICES

World Parkinson's Program is the only organization which provides the following unique services to Parkinson's patients around the world:

- Parkinson's medications to those patients who can't afford to buy them
- Canes, walkers & wheelchairs to prevent falls
- Parkinson's educational brochures in many languages
- Free electronic educational newsletter
- Chapters of World Parkinson's Program in various parts of the world

JOIN THE FIGHT AGAINST PARKINSON'S TO DONATE, VISIT PDPROGRAM.ORG

This information is not a substitute of medical advice. Consult your Physician before applying this information.

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Frequently asked questions about PARKINSON'S DISEASE & EXERCISE



ENGLISH - 7



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"Those who fight Parkinson's with knowledge always find solutions"- Dr. Rana

Parkinson's disease is a progressive neurodegenerative condition characterized by tremors, slowness of movements, stiffness, and balance problems. In addition, Parkinson's has many non-motor symptoms such as memory or cognitive issues, speech and swallowing problems, depression, and sleep difficulties. It affects almost 10 million individuals around the world.

WHY IS REGULAR EXERCISE IMPORTANT?

Exercise is considered an integral part of management of Parkinson's and will help you improve its symptoms more effectively and provide the following benefits:

- Improving muscle and joint stiffness
- Keeping muscle strong
- Promoting good posture
- Helping to improve your balance
- Improving flexibility and mobility
- Improving your cardiac and respiratory function
- Providing increased energy level
- Helping in constipation relief
- Decreasing rate of bone loss
- Helping symptoms of depression

WHAT EXERCISE MEANS FOR PARKINSON'S PATIENTS

Exercise can be as simple as gardening, walking and swimming. On top of these activities, you should consider joining an exercise program in which you should exercise at least 3 days a week for about thirty minutes at a time.

It's best to exercise when you are not fatigued and your medications have your symptoms under best control. This is usually at the same time every day.

When you first start exercising, start slowly, exercise only for 10- 15 minutes at a time. You may increase the duration to 30 minutes once you have built up your endurance.

It is important to have a warm up period before you start to exercise and to also have a cool down period after you are done. In these periods, you need to stretch to warm up your muscles. Also, regularly drink water while exercising to keep you well hydrated. Many people enjoy their exercise more when they are not alone and they are more likely to continue exercising on a regular basis. Lastly, you

WHEN SHOULD I START EXERCISING?

If you don't exercise already, it is best to start as soon as possible. Discuss this with your physician who may refer you to a physiotherapist.

WHAT ARE SOME BASICS OF EXERCISING?

Following are the different types of exercises:

Aerobic exercises involve the cardiac and respiratory systems. These usually need to be continuous and should last around ten to twenty minutes in order to be effective.

Passive exercises are for those people who have a hard time moving by themselves. Someone has to move their limbs for them.

Resistance exercises include imposing external resistance against muscles such as lifting weight.

Using the Treadmill may help the improvement of gait and balance, which becomes more stable, less variable, and there is increase in speed as well as stride.

Bicycling requires coordinated interplay among balance and rhythmic pedaling of the legs, which is helpful for Parkinson's patients.

Dance Therapy is movement for therapeutic uses which benefits motor functions as well as supporting people socially and emotionally.

Tango is a type of dance that maintains posture, improve mobility, balance, speed, mood, and self-esteem. It involves various types of movement, which require taking classes with an instructor.

Tai Chi exercises teach participants how to bring in positive energy through the act of meditation and various postures.

Zumba fitness routines are upbeat, fast paced classes that differ based on your personal interests. This may not be safe for people with balance problems or in moderate to late stages of Parkinson's.

Yoga promotes movements that strengthen muscles, improve balance and gait, and enhances mental health. The breathing and stretching exercises stimulate and strengthen the mind, body and soul.