

## Exercise and Parkinson's Disease

**Regular exercise will help to improve your mobility and general health. This leaflet contains suggested activities to help incorporate exercise into your daily routine. Consult your doctor or chartered physiotherapist before starting any exercise regime.**

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

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

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

### Deep Breathing

**Purpose:** To promote relaxation and awareness of using the diaphragm in respiration. Place hands on stomach. Breathe in slowly through your nose, feeling your stomach 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.

Hold for 10 seconds and repeat 5 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,

Hold for 10 seconds and repeat 5 times



### 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. Hold for 10 seconds and repeat 5 times.



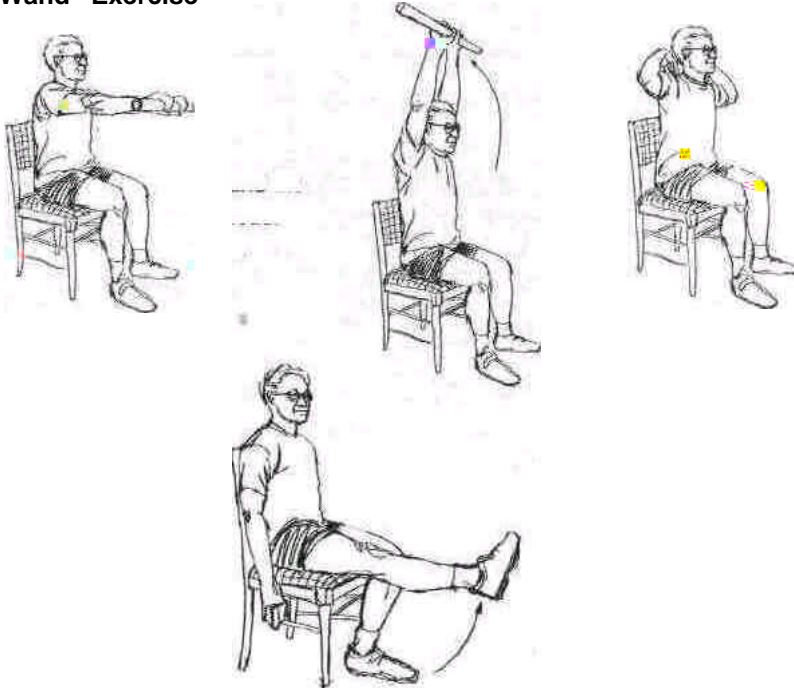
### Trunk Twists :

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

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



## "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.

## Kicks

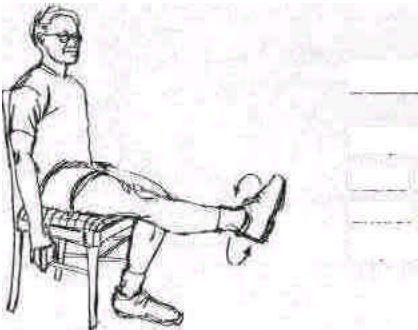
**Purpose:** To promote knee mobility and leg strength

Kick leg straight out in front of you, making sure knee is completely straight. Hold for a count of 5. Repeat with each leg 10 times.

## Hamstring Stretch

**Purpose:** To promote knee flexibility and good standing posture

Place one leg up on a small stool with other foot flat on the floor. Place hands on knee and lean forward, feeling stretch in back of knee. Hold for a count of 10, Relax. Repeat with each leg five 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.



## 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.



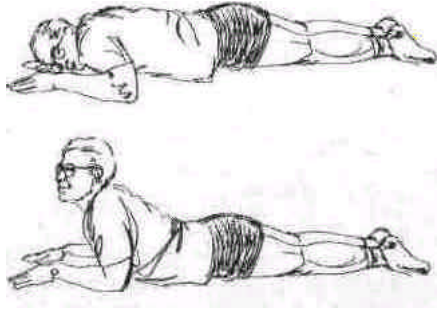
## Hip Rolls

**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.



### 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 30 seconds. Relax.

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 loss of balance. 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 roll or 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.

### Walking

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

These 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, 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.
- If you experience any pain or discomfort during exercise stop and consult your physiotherapist or doctor