

Exercise Tips to Help with Symptoms of Parkinson's

- Slow, rhythmical movements can help to decrease rigidity/stiffness and tone
- Postural exercises are helpful in maintaining upright positioning, improving gait, and improving swallowing
- Weight shifting can help with "freezing of gait"
- BIG movements- emphasis on this with exercises
- Emphasizing reciprocal movements of arms and legs with walking
- Walking: hips forward (squeeze butt) and shoulders back; try to strike with heel

LUMBAR ROTATIONS

Lying on your back with your knees bent, slowly drop your legs to one side and hold the stretch. Come back to the middle and switch sides. You should feel the stretch in your back on the opposite side that your legs are leaning. Complete this exercise for 3 minutes.



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold 5 seconds and then lower yourself and repeat 10 times.



PECTORALIS CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground. Hold 30 seconds and repeat 4 times



SCAPULAR RETRACTIONS

Move your shoulder blades back and down. Hold, 5 seconds relax and repeat 20 times.



WALL POSTURE DRILL

Start standing with your back to a wall, one step away from the wall. Next, take a step back to the wall so that your heels touch the wall. Attempt to touch your heels, buttocks, upper back and head to the wall at the same time and hold. Be sure not to tilt your head up...keep your chin slightly tucked.

Finally, step away from the wall as you hold this position in your spine. This is proper posture.



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh. Maintain a straight spine the entire time. Bend through your hips. Hold for 30 seconds and repeat 4 times.



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch. Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you. Move closer or further away from the wall to control the stretch of the

back leg. Also you can adjust the bend of the front knee to control the stretch as well. Repeat 4 times for 30 second hold.

