

PARKINSON DISEASE :

OVERCOME BARRIERS & STAY ACTIVE: STRATEGIES FROM A NEUROLOGIC PHYSICAL THERAPIST

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<http://parkinsonsecrets.com/blog/2020/9/23/kl4edscjq0j7gcweup84w55g8rp9li>



ALISON KRAUS DPT, NCS



Graduated from Ithaca College in Ithaca, NY with Doctorate in Physical Therapy in 2013

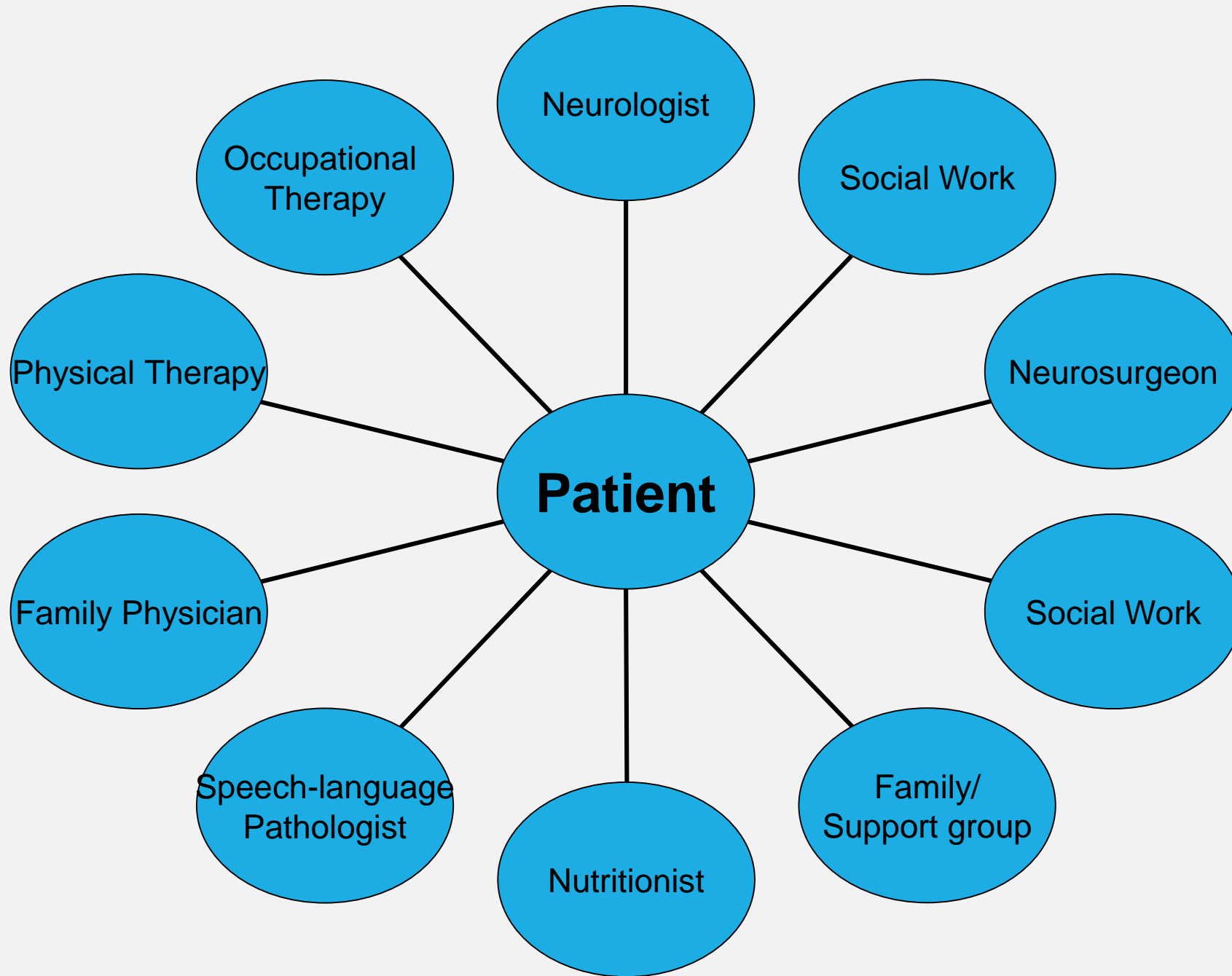
Neurological Certified Specialist June, 2016



Now work on a team UF Health Rehab at the
**Norman Fixel Institute for Neurological
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Assist in teaching Neurological
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THE ROLE OF THE NEUROLOGIC PHYSICAL THERAPIST

Bed Mobility

**Balance
Assessment**

**Fall
Prevention**

**Daily Exercise
& Activity**

Dizziness

Sit to Stand

**Walking
Assessment**

HOW TO BREAK DOWN BARRIERS...

Rigidity

Toe Curling/Dystonia

Apathy

Fear of Falling/Balance Changes

COVID precautions or Financial Limitations

Back Pain/Arthritic Changes



... how to manage from a non-medicinal standpoint

RIGIDITY

One of the cardinal symptoms of Parkinson Disease

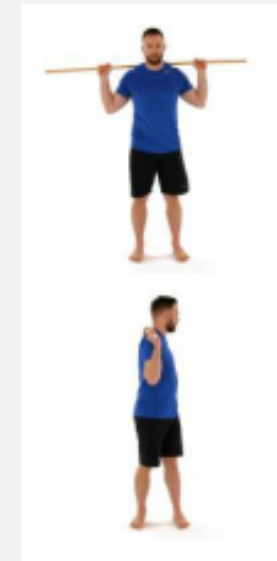
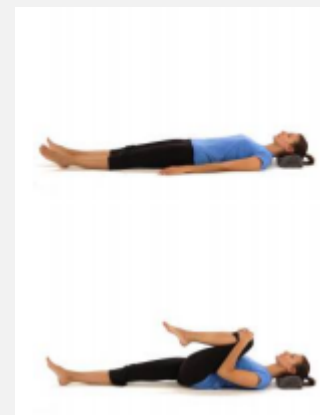
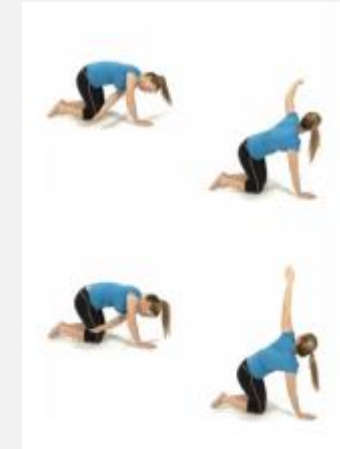
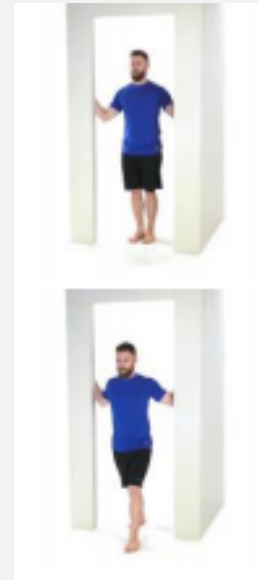
- Can cause low back aching/pain
- Can cause patients to feel their legs are “heavy”

What can you do NOW:

- Plan optimum **TIMING**
 - Exercise during your PEAK medication dose
- **STRETCHING** Warm Up



RIGIDITY



TOE CURLING OR FOOT DYSTONIA

Massage:

the sole of your foot, and into your toes



Roll Out:

With use of a golf ball



Joint Mobilization: (while your foot is relaxed)

Move your ankle up and down, move your toes up and down

Pull your toes apart



TOE CURLING OR FOOT DYSTONIA



Discuss with your PT the best shoe for your foot and dystonia



Try Sleeping or watching TV with toe spreaders for improved alignment



APATHY

Lack of motivation, or enthusiasm to do things you use to want to do

Can interfere with Social activities & Exercise

Talk with Movement Disorders Neurologist about how it is interfering with your day



Try...

- **Buddy System** – have a friend/family to exercise along side
 - Try a virtual support group or virtual exercise group to meet people
- **Make it an Appointment** – write days and times for your week of exercise
- **Fitness Tracker** – make small, achievable goals & rewards to progress daily steps



FEAR OF FALLING/ BALANCE CHANGES — CHANGE IT UP



Try a **Treadmill** or **Stationary Bike** for **Cardiovascular Exercise**

- Allows you to hold on for balance/support
- Task Specific Training
- Track your progress and work to increase your speed or try adding an incline for a challenge



Strength Training for Progressive Resistive Exercises

- Free weights, machines, or resistance bands
- Focus on leg and core strength
- Focus on improving posture

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

FEAR OF FALLING/ BALANCE CHANGES - FACE THE CHALLENGES HEAD ON

Find safe exercises to challenge your balance → Yoga, Tai Chi, Balance Class



Balance and Functional Exercises for Patients with PD



UFHealth
NORMAN FIXEL INSTITUTE FOR NEUROLOGICAL DISEASES



COVID PRECAUTIONS/ FINANCIAL RESTRICTIONS

Change up your Medium –

On demand Youtube Videos

[Parkinson Foundation – Fitness Fridays](#)

Live Zoom Classes -

Boxing Classes, Support Groups

Dance for PD

Exercise Apps –

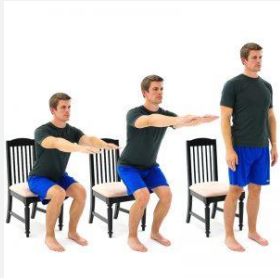
7 minute workout for seniors, Silver Sneakers App



BACK PAIN/ ARTHRITIC CHANGES

The good news... a lot of the exercises recommended to manage arthritis coincide with exercises prescribed for patients with PD.

Strength Training



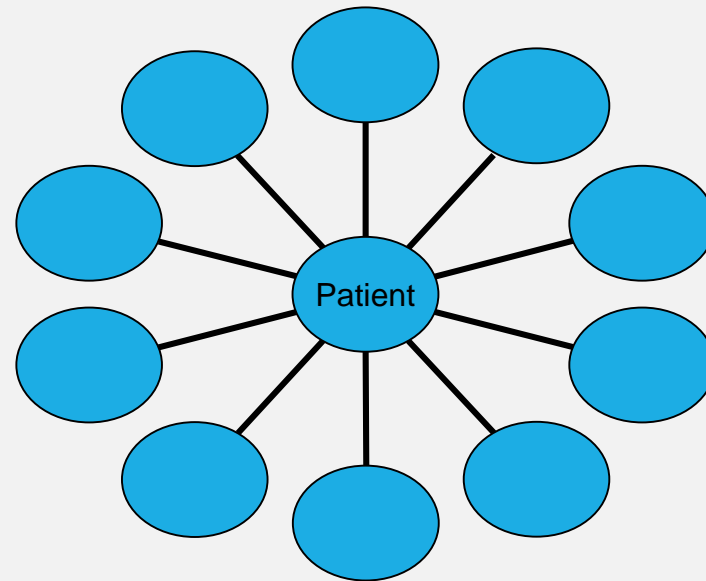
Aquatic Exercise



Stretch First

THANK YOU FOR LISTENING

Remember, you are not alone...



**“Live in the moment, enjoy the day, make the most of what you have”
– Michael J Fox**