

MAPLE CITY PHYSICAL THERAPY



Parkinson's Disease

Summary

1. Disease process
2. Symptoms of Parkinson's disease
3. Parkinson's disease rehabilitation

Parkinson's Disease

Parkinson's disease is a neurological disease that affects the basal ganglia in the brain. It is a progressive degenerative disease that affects balance, ambulation, and ability to perform activities of daily living. The parts of the brain that produce dopamine, which helps with movements, are affected. Nerve endings that produce norepinephrine also die, which affects the quality of movements.

Symptoms of PD

- Tremors
- Slowed/slurred speech
- Flat affect
- Forward flexed posture
- Slow movements
- Shuffled walking
- Increased tripping
- Muscle rigidity
- Decreased trunk rotation

Rehabilitation options

- LSVT BIG
 - At MCPT we have two physical therapists certified in LSVT BIG. Lee Silverman Voice training BIG is a PD treatment program for PTs and OTs. With the program, patients are seen 4 times a week for 1 hour for 4 weeks. 8 maximal daily exercises are performed daily at PT sessions and at home. The treating therapist creates other exercises to address

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patients individualized goals. Big walking is also included to help recalibrate the brain to perform bigger safer motions

- Nordic walking/Boxing
 - Nordic walking and boxing are two highly acclaimed activities to help work against the effect of Parkinson's disease. These activities increase the quickness and amplitude of motion, to help with stability and improved ambulation.
- Balance training
 - PT's will create a balance program to help a patient perform movement activities and transfers with less difficulty. With this training, a patient will be able to walk with improved and more effective motion, and decrease their risk for falling.
- Strength training and stretching
 - Due to lack of efficient movement with Parkinson's Disease, strength and flexibility is lost. Therapists will address these deficits with individualized strength training exercises, and teach patients stretches to help with tight hip flexors, trunk rotators, hip rotators, and pectoral muscles. These are the muscles are that affected the most with a forward flexed posture.