

Physical Therapy

Mobility Tips for Patients with Parkinson's Disease

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Regular Exercise

- Stretching-shoulder and upper back
- Walking-daily long walks
- Sit to stand Sequencing-practice getting "nose over toes"

FALL PREVENTION

- Know your Limitations
- Modify living area-clear clutter, add grab bars and other adaptive equipment
- Avoid walking backwards-"reverse gear 1st to go"
- Use your Walker-even for short walks

Fall Recovery

- Remain Calm
- Check for serious injury-call for help/911
- Crawl to sturdy chair or couch-transition from Hands/knees to ½ kneeling to sitting on a chair