

This flexibility exercise chart has been developed by the Parkinson's Association of Ireland.

We would like to thank Gráinne McKeown from Dublin Physiotherapy Clinic for her help in developing the exercises and David Magennis and Helen Stapleton for demonstrating each of the exercises.

These exercises are frequently used as part of a treatment programme for Parkinson's disease. Always consult your Chartered Physiotherapist prior to commencing any new exercise programme.

PARKINSON'S FLEXIBILITY EXERCISE PROGRAMME



Neck Side Bend

START POSITION

Sit up tall, look forward.

EXERCISE

Place left hand on top of head, lightly pull head

with hand towards left shoulder. Hold for 30 seconds. Alternate sides. **REPEAT** 3 times.



Head Rotation

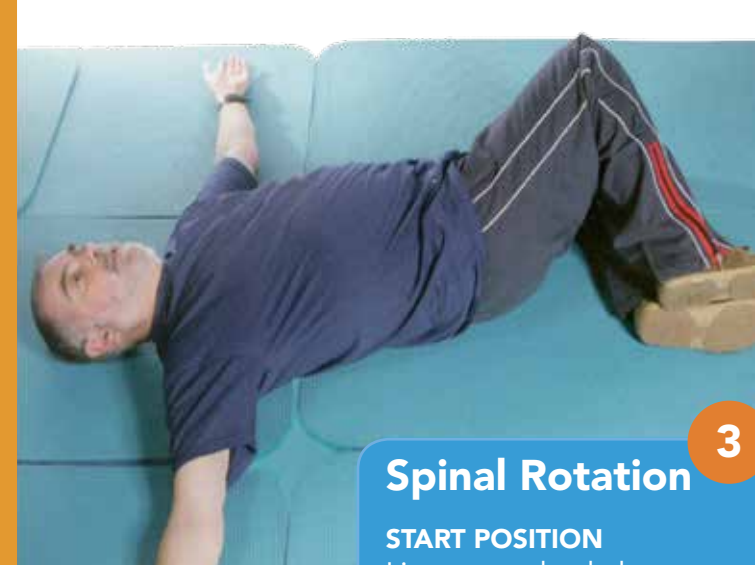
START POSITION

Sitting upright.

EXERCISE

Turn head to left. Place right hand on right cheek

and lightly press to increase the turn. Hold for 20 seconds. Alternate sides. **REPEAT** 3 times.



Spinal Rotation

START POSITION

Lie on your back, knees bent, feet flat, arms spread open.

EXERCISE

Rotate knees to the left. Hold for 30 seconds. Alternate sides. **REPEAT** 3 times.



Back Extension

START POSITION

Lie on your stomach, hands on the surface at shoulder level or in front.

EXERCISE

Push-up onto elbows and keep hips on surface. Hold for 30 seconds. **REPEAT** 3 times.



Trunk Rotation

START POSITION

Sit tall on a hard chair.

EXERCISE

Twist upper torso to the left and with the left arm take hold of the arm or

back of chair. With the right arm, pull and twist a little further to the left. Hold for 30 seconds. Alternate sides. **REPEAT** 3 times.



Trunk Mobilisation

START POSITION

Hands by side or on lap.

EXERCISE

Slump down, then sit up tall. Start the movement

from the lower back as you move up and down. As you sit up your body moves slightly forward. **REPEAT** 10 times.



Trunk Side Bend

START POSITION

Stand with feet wide apart and stable.

EXERCISE

Slide left hand down left

leg. Place right hand over the head to increase stretch. Hold for 30 seconds. Alternate sides. **REPEAT** 3 times.



Arm Lifts

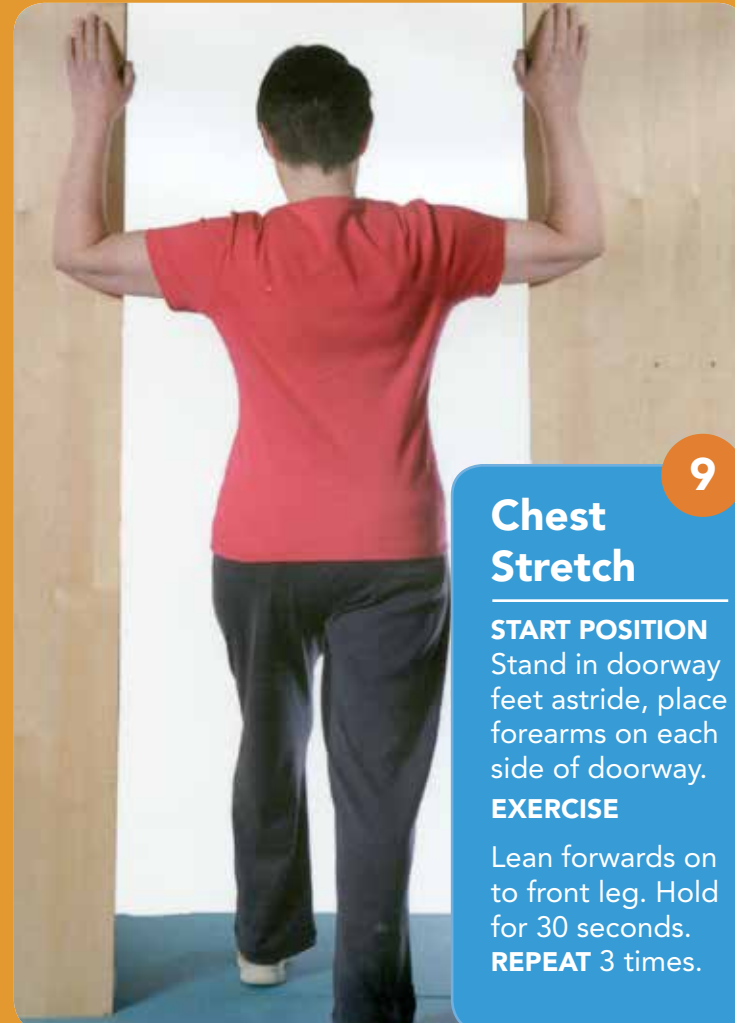
START POSITION

Lie flat on back.

EXERCISE

Stretch the arms overhead. Avoid arching

lower back. Hold for 30 seconds. **REPEAT** 3 times.



Chest Stretch

START POSITION

Stand in doorway feet astride, place forearms on each side of doorway.

EXERCISE

Lean forwards on to front leg. Hold for 30 seconds. **REPEAT** 3 times.



Forearm / Shoulder Stretch

START POSITION

Stand with feet wide apart.

EXERCISE

Stretch arms behind back

and clasp hands. Push arms back a little further. Hold for 30 seconds. **REPEAT** 3 times.



Wrist / Hand Stretch

START POSITION

Hands in front of chest with fingers upright.

EXERCISE

Slide hands downwards

keeping palms together. Hold for 30 seconds. **REPEAT** 3 times.



Upright Posture

START POSITION

Stand with back against wall.

EXERCISE

Place heels as close to wall as possible, stomach in, draw shoulders back towards wall, tuck in chin, look ahead. Hold this position for 2 minutes. **REPEAT** 5 times daily.



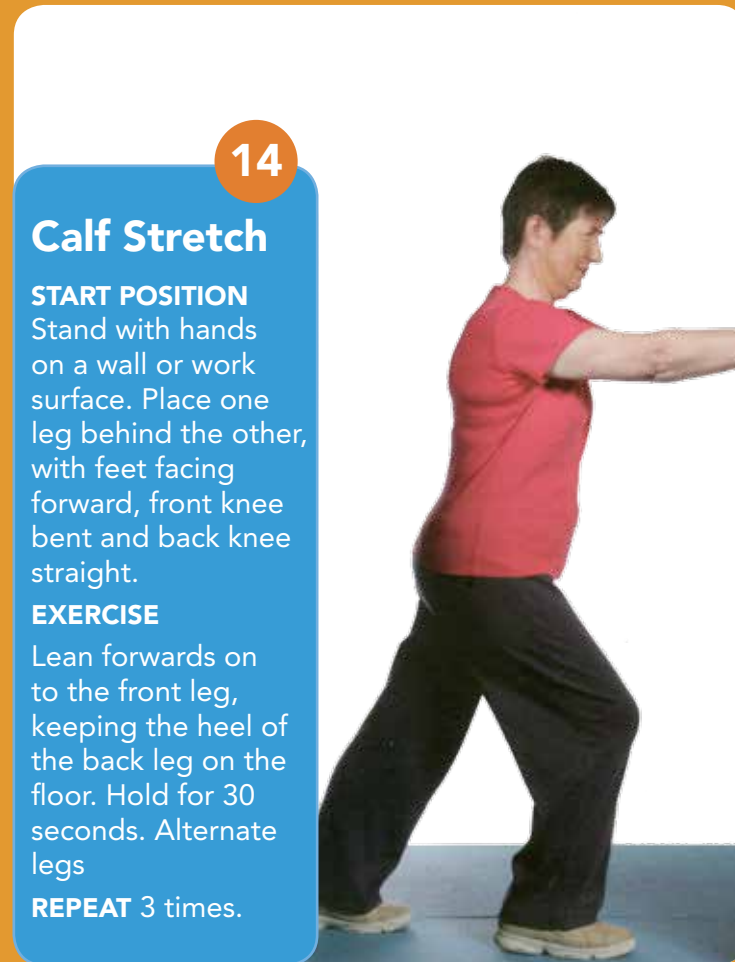
Hamstring Stretch

START POSITION

Sit upright in chair, right leg straight, left knee bent with foot on floor.

EXERCISE

Lean forward. Slide hands down right leg. Hold for 30 seconds. Alternate legs. **REPEAT** 3 times.



Calf Stretch

START POSITION

Stand with hands on a wall or work surface. Place one leg behind the other, with feet facing forward, front knee bent and back knee straight.

EXERCISE

Lean forwards on to the front leg, keeping the heel of the back leg on the floor. Hold for 30 seconds. Alternate legs. **REPEAT** 3 times.

THE MANAGEMENT OF PARKINSON'S DISEASE

Multidisciplinary Approach

Physiotherapy

Gait

Balance (transfer, reach/stretch)

Bed Mobility

Exercise/Sports

Posture

Nurse Specialist

Education / Training
of patients, carers and
healthcare professionals

Assessment of activities of
daily living

Support / Advice

Monitoring - Medication,
Symptoms, Adverse events
and QoL issues

Speech Therapy

Voice therapy (Lee
Silverman technique)

Swallow assessment

Communication
assessment

Dietician

Diet advice

Weight monitoring

Occupational Therapy

Activities of living /
assessment

Functional assessment

Cognitive assessment

Complementary Therapies

Anxiety / Stress Management

Relaxation

Well being



Psychiatry / Counselling

Anxiety management

Depression management

Coping skills

Social Worker

Social support / advice

Patient entitlements

Psycho / Social assessment

Counselling / emotional
support

Patient Support Groups

Information

Support

Advice

Parkinson's Association of Ireland
www.parkinsons.ie

*European Parkinson's Disease
Association*
www.epda.eu.com

PALS support group
www.pdpals.com

Community Services

GP - General Practitioner

Public Health Nurse

Respite services

Home help services

Carmichael Centre, North Brunswick Street, Dublin 7

Freephone 1 800 359 359

info@parkinsons.ie

www.parkinsons.ie