



## PARKINSON'S DISEASE

### What is Parkinson's Disease?

Parkinson's disease is a progressive neurodegenerative disorder which affects movement and balance in addition to non-motor symptoms such as cognitive changes, sleep disturbances, depression and autonomic dysfunction of blood pressure and digestion. Symptoms start slowly. Tremors are common, but the disorder also may cause stiffness or slowing of movement amongst many other symptoms.

### How can we help?

Neurological Physiotherapy can assist with movement-based training to assist some of the movement planning difficulties associated with Parkinson's disease. These include problems with transitioning from sit to stand, getting out of bed and walking. Balance and falls risk can also be assessed by your Neurological Physiotherapist. Rigid posture, musculoskeletal pain and dystonia can be relieved with treatments and a regular home exercise program.



### Services

- 1:1 Consultation with a physiotherapist.
- Set up specific exercise programmes that have shown to be neuroprotective in Parkinson's disease.
- Parkinson's Disease **Fightback** programs is an addition to our comprehensive service that combines movement-based training, especially for gait & balance, progressive strengthening and cardiovascular fitness. While we know that these programs are good for your health, their aim is also to improve confidence and quality of life.