

How can exercise improve your life with Parkinson's?

The American College of Sports Medicine recommends you see a Physical Therapist specializing in Parkinson's for a full functional evaluation and recommendations.



Balance

Improve your balance and reduce your risk of falls.

Flexibility

Decrease muscle tightness and increase overall mobility.

Walking

Be more comfortable walking in your home and community.

2-3 times per week with integration into your daily activities.

2-3 times per week incorporating both sustained and dynamic stretching.

Daily while incorporating visual and auditory cues as needed. Focus on stride length and walking speed.

