

STEP 1



STEP 2



Supine Bridge

REPS: 10 |

Clinician Notes:

This is a strengthening exercise for the back and buttocks that will help with some of posture and balance deficits found in Parkinson's.

Setup

- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

- Make sure to squeeze your buttocks throughout the exercise and keep your arms flat on the floor or bed.
- Can be performed in the bed vs. the floor if you cannot get on and off the ground.

STEP 1



STEP 2



Prone Thoracic Rotation with Reach

REPS: 10 | HOLD: 5 |

Clinician Notes:

This can be a challenging one, but a great one to help with the rigidity component of Parkinson's that is working on the rotation at the chest and back. Make sure that you are able to get up and down off the ground safely before you try this one.

Setup

- Begin lying on your front resting on your elbows.

Movement

- Slowly reach one arm upward, rotating your upper body to that side and keeping your eyes on your hand. Then return to the starting position and repeat.

Tip

- Make sure to keep your movements slow and controlled.

STEP 1



STEP 2



Seated Thoracic Lumbar Extension with Pectoralis Stretch

REPS: 10 | HOLD: 5 |

Clinician Notes:

This exercise is meant to help with the rigidity component of Parkinson's and will help with your posture and stiffness.

Setup

- Begin sitting upright with your hands behind your head.

Movement

- Slowly arch your back and let your elbows fall out to the sides. You should feel a stretch in your chest and back. Hold briefly, then return to an upright position and repeat.

Tip

- Make sure to keep your movements slow and controlled, and move only within a pain free range of motion.

STEP 1



STEP 2



Seated Punches with Trunk Rotation

REPS: 10 |

Clinician Notes:

This will address the rigidity and the bradykinesia (slow movements) of Parkinson's. Can make it harder by doing this one in standing. Key is to make the movements as BIG as you can.

Setup

- Begin sitting upright with your feet in a wide stance on the floor.

Movement

- Punch one arm forward and across your body, rotating your trunk, then return to the starting position and repeat with your other arm.

Tip

- Make the movements BIG and make sure to LOOK at your hand as you punch.

STEP 1



STEP 2



Seated Shoulder Row with Anchored Resistance

REPS: 10 |

Clinician Notes:

This is a strengthening exercise for the back and shoulders to help with the forward flexed posture commonly found in Parkinson's.

Setup

- Begin by sitting upright in a chair holding resistance tubing/band in each hand, anchored in front of your body. Your feet and knees should be shoulder width apart with feet flat on the ground.

Movement

- With your fists facing each other, draw your arms back until your elbows are next to your chest. Keep elbows close and think about squeezing your shoulder blades together.

Tip

- Can use weights instead if you do not have a band. Can make harder by doing in standing vs. sitting.

STEP 1



STEP 2



STEP 3



Sit to Stand

REPS: 10 |

Clinician Notes:

This will help with sit to stand transitions and with the bradykinesia and balance difficulties present with Parkinson's. Make everything BIG-over exaggerate the movement.

Setup

- Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

- Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Use your arms if you need to, but as you stand bring arms out to the side nice and BIG and spreading fingers apart. Sit back down in a controlled fashion.

Tip

- Make movements BIG. Can incorporate your voice, by counting out loud as you perform each sit to stand.

STEP 1



STEP 2



Step Forward with Arms Reaching to Sides

REPS: 10 |

Clinician Notes:

This will help with some of the bradykinesia and freezing that can occur with Parkinson's. Make every step and arm movement BIG.

Setup

- Begin in a standing upright position.

Movement

- Take a large step forward, and reach your arms out to your sides at the same time, with your hands wide.

Tip

- Make sure to stand tall, step as BIG as you can without losing your balance, and keep your hands wide as you reach. Have a chair or counter or caregiver next to you for safety if needed.

STEP 1



STEP 2



Stepping in 4 Square Pattern

REPS: 10 |

Clinician Notes:

This is a bit more challenging exercise, but can help with the freezing and difficulty with turning components of Parkinson's. Make every movement BIG.

Setup

- Begin in a standing upright position in one corner of crossed lines on the floor.

Movement

- Step over the line in front of you with both feet, then step to the side, then backward, and sideways into your original position. Repeat in the other direction. You should be facing forward the whole time.

Tip

- Make sure to maintain your balance and keep your movements controlled during the exercise. Step BIG into each square. Can move arms out to the side with each step to add in another challenge.

STEP 1



STEP 2



Step Up

REPS: 10 |

Clinician Notes:

This will help with stair management and the bradykinetic movements of Parkinson's.

Setup

- Begin standing with a small step or platform in front of you.

Movement

- Step up onto the platform with one foot then follow with your other foot. Bring arms up and out to the side as you step up, spreading fingers wide. Step back down backwards to the starting position and repeat.

Tip

- Can hold onto a railing or counter or caregiver if you do not have the best balance for safety.
- Make the steps big, bringing your knee up to your chest before stepping up to step.