

PARKINSON'S DISEASE



Has your loved one been diagnosed with Parkinson's Disease (PD)? While any diagnosis can be scary, know that PD itself is not fatal. With early detection and proper care, your senior can still experience many years of fulfillment.

Source: ParkinsonsDisease.net

Parkinson's Disease is a brain disorder that leads to shaking, stiffness, and difficulty with walking, balance, and coordination. Symptoms usually begin gradually and worsen over time. As the disease progresses, people may have difficulty walking and talking. While speech and movements are affected, often the patients retain full mental capacity and can participate in their own care plan.

Parkinson's Disease has four main symptoms:

- Tremor (trembling) in hands, arms, legs, jaw, or head
- Stiffness of the limbs and trunk
- Slowness of movement
- Impaired balance and coordination, sometimes leading to falls

Ancillary to the main symptoms, you may see the following in your loved one:

- Difficulty swallowing, chewing, and speaking
- Less animated facial expressions
- Sleep disruption
- Changed handwriting
- Urinary issues
- Skin problems
- Depression
- Soft speech

The progression of PD can be slow, and the initial signs may be very subtle. There is no test for the disease, so attention to detail is important to help your physician make a diagnosis.

Source: [National Institute on Aging](https://NationalInstituteonAging.gov) and ParkinsonsDisease.net



Exercise for Parkinson's Disease



Aerobic Activity – 3 days a week for 30 minutes per session

Activities can include brisk walking, running, cycling, swimming, and an aerobics class.



Strength Training – 2–3 non-consecutive days for 30 minutes per session

Training can include weight machines, resistance bands, and light/moderate handheld weights.



Balance Exercises – 2–3 days per week with daily smaller activities

Exercises should include activities that require multi-directional stepping, weight shifting, dynamic balance activities, large movements, and multitasking such as yoga, tai chi, dance, or boxing.



Stretching – 2–3 days per week with daily stretches being ideal

Stretches should work on sustained stretching with deep breathing or dynamic stretching before exercise.

Source: [Parkinson's Foundation](https://ParkinsonsFoundation.org)

