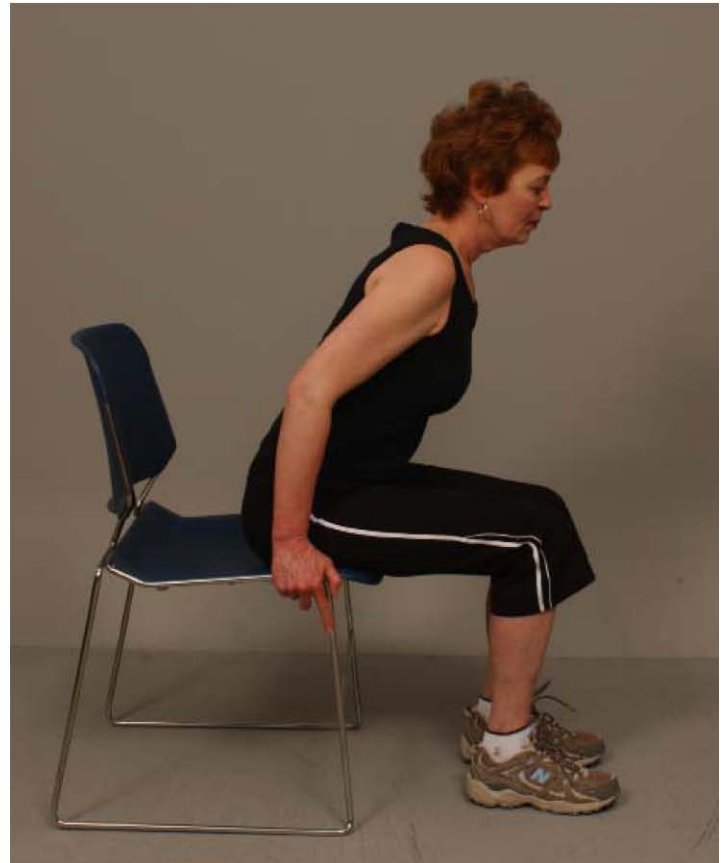


## Parkinson Disease Exercises



### 1. Supported Anterior/Posterior Weight Shift: Lower Trunk Leading

Sit with feet flat on floor and hands on support surface.

Lean forward at the hips, bringing nose over knees.

Return to starting position.

Then lean backward at the hips.

Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times per session. Do \_\_\_\_ sessions per day.

*Continued*



## 2. Lateral Weight Shift: Upper Trunk Leading

Sit with feet flat on floor and hands resting on support surface.

Lean your shoulders, head and arm towards one side until your opposite hand is almost off the surface.

Do not lift your buttocks/hips off of the surface.

Return to upright.

Alternate right and left sides.

Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times per session. Do \_\_\_\_ sessions per day.

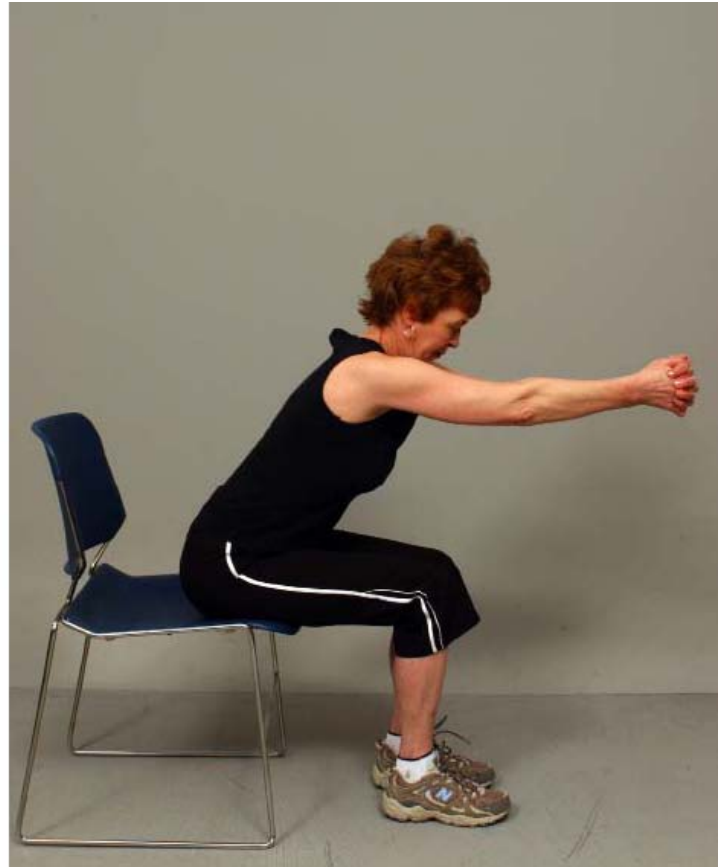


### 3. Supported Lateral Weight Shift: Lower Trunk Leading

Sit with feet flat on floor and hands on support surface.  
Lift up opposite hip to bring body weight over buttock and arm.  
Alternate right and left.  
Keep head upright.

Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times per session. Do \_\_\_\_ sessions per day.



#### **4. Unsupported Anterior/Posterior Weight Shift: Lower Trunk Leading**

Sit with feet flat on floor and hands clasped together in front.  
Lean forward at the hips, bringing nose over knees.  
Return to the starting position.  
Then lean backward at the hips.

Hold each position \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.



## 5. Throwing/Catching a Ball

While seated, toss a ball at a **person/wall/up in the air**.  
Vary the direction and speed of ball thrown.

Repeat \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.





## 6. One Arm: Varied Motion

Sit with feet flat on the floor.

Move **right/left** arm up and down, out to side and diagonally.

Keep other hand rested on lap.

Repeat \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.



### **7. Both Arms: Varied Motion**

Sit with feet flat on floor.

Move both arms up and down, out to sides and diagonally.

Repeat \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.



## 8. Exercise for Stooped Posture

Stand with your back against a wall, with your head, shoulders, buttocks and heels all touching the wall.

Hold this position for 30 seconds.

Take two steps away from the wall and try to keep the same upright posture as you had when standing against the wall.

If needed, step back against the wall to correct your posture.

Repeat: \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.





## 9. Side Step

While standing, hold onto the back of a heavy chair or countertop. Step sideways, leading with the stronger leg, following with the involved leg. Then return to starting position.

Repeat: \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.



## **10. Marching Steps**

While standing, hold onto the back of a heavy chair or countertop. Lift knees up toward your chest, taking high steps.

Repeat: \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.



## **11. Forward Weight Shift**

While standing, hold onto the back of a heavy chair or countertop.  
Begin with the right foot in front of the left.  
Shift weight back and forth from right to left foot.  
Repeat with left foot in front.

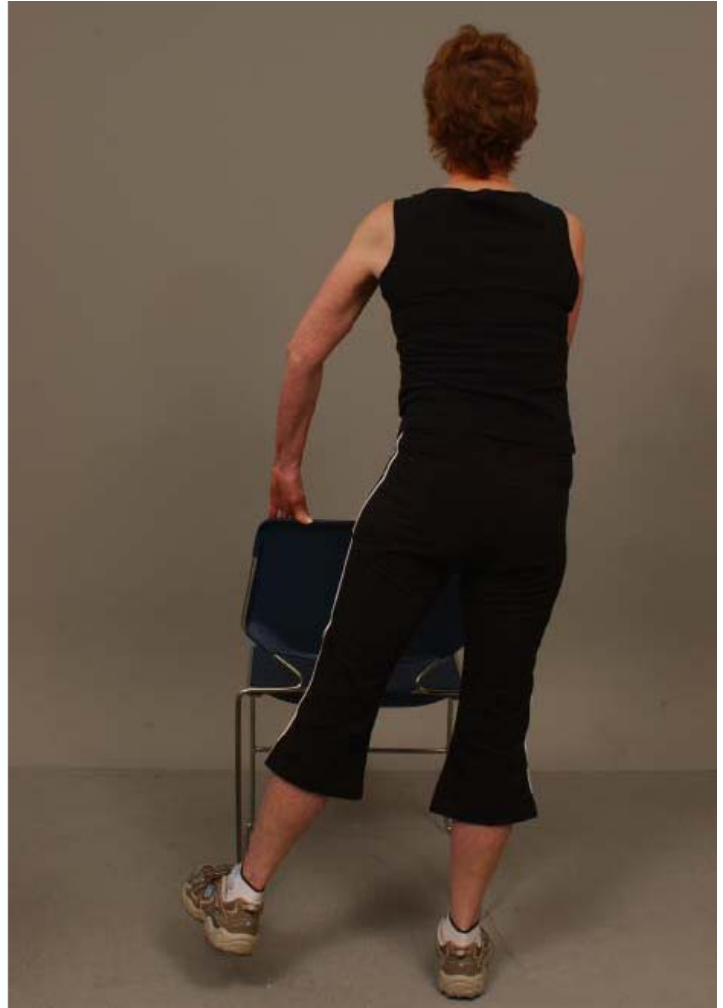
Repeat: \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.



## **12. Weight Shift: Forward Onto Toes/ Backward onto Heels**

While standing, hold onto the back of a heavy chair or countertop.  
Go up onto your toes.  
Then back onto your heels.

Repeat: \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.



### **13. Side Weight Shift**

While standing, hold onto the back of a heavy chair or countertop.

Shift weight from left foot to right foot.

Try to shift weight enough to lift the opposite foot.

Repeat: \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.





## 14. The Grapevine

Hold onto the back of a heavy chair or countertop

Cross left leg in front of right.

Try to touch floor with heel first when crossing.

Repeat with other leg.

Repeat: \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.