



Exercises for Patients With Parkinson's Disease

The benefits of consistent exercise, physical therapy and occupational therapy for patients with Parkinson's.

Exercise and physical activity have been shown to improve many of the symptoms associated with Parkinson's disease and may even slow the progression of the disease.

Exercises for People With Parkinson's

According to the Parkinson's Foundation, you should exercise for 2.5 hours a week, and your exercise program should include exercises from these categories:

Aerobic Activity

Aerobic exercises, also known as cardio, are activities that challenge your cardiorespiratory system. These exercises can include:

- Walking
- Biking
- Running
- Water aerobics

Strength Training

Start with low repetition and low weight if you are strength training with Parkinson's. Try these exercises and focus on your extensor muscles and muscles in your back can help with posture:

- Bicep curls
- Triceps dips, kickbacks or extensions
- Squats or repeated stand-ups from a chair
- Leg presses

Balance Exercises

Balance and agility training can combine exercises from multiple categories with exercises like:

- Yoga or seated yoga
- Dance classes or Pilates
- Golfing
- Water aerobics

Flexibility

Making stretching a part of your everyday routine can help you improve your range of motion, posture and symptoms. Some exercises to try include:

- Body twists
- Wall hangs
- Doorway bends
- Side bends

Exercise With a Professional Who Specializes in Parkinson's Disease

Benefits of Physical Therapy

A physical therapist who specializes in Parkinson's can provide frequent, direct feedback to help make you aware of how to exercise most effectively — and most safely.

Benefits of Occupational Therapy

An occupational therapist can make specific recommendations for exercises that meet your unique goals based on your symptoms and improve your quality of life.

For more information on Parkinson's disease and how CorsoCare can support you, call us at 248-438-8535.