Physical Therapy

Physical therapy can help you manage the physical symptoms of Parkinson’s disease. Physical therapists can teach you exercises to do on your own, or you can attend regular physical therapy sessions.

Physical therapy can help you:

- Increase your strength
- Decrease rigidity
- Develop flexibility
- Improve your stamina
- Optimize coordination
- Learn about fall prevention

Occupational therapy can help with fine motor skills and writing. In addition, modifications to the living environment can assist in enhancing mobility, independence and safety.

Movement strategy training has been demonstrated in small studies to improve quality of life, walking, balance and overall function, but requires persistent and continuous application in order to maintain benefit.

Speech therapy has been suggested as a method to assist in improving hypophonia, and studies have demonstrated improvement over several years provided that treatment remain ongoing.

REFERENCES:

American Association of Neurological Surgeons website. Available at: http://www.aans.org/.


Parkinson’s Disease Foundation website. Available at: http://www.pdf.org/.

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