

PARKINSON'S SYMPTOMS ARE TREATABLE WITH PHYSICAL THERAPY

Physical Therapy is a major part of your Medical/Nutrition/Exercise treatment approach. GREAT MOVES PHYSICAL THERAPY CAN HELP. 477-6870

- 1) TREMORS. Therapists treat patients with proper positioning, nerve glides, stretching movement patterns and relaxation.**
- 2) RIGIDITY. Treatment includes motor retraining for speed, proper stretching and movement patterning and visualization.**
- 3) ATAXIA/BRADYKINESIA/DYSKINESIA. Visual and sound overlay with movement retraining with integrative neuromuscular techniques.**
- 4) FALLING. Balance retraining, ankle stretching, visual/perceptual training included in your comprehensive program.**
- 5) WALKING. Cardiovascular endurance, movement patterns (arm swing), proper gait training, manual stretching and balance exercise.**
- 6) SLEEP DISTURBANCE. Exercise and relaxation techniques specifically designed to decrease pain, restless leg, cramping.**
- 7) VISUAL DISTURBANCE. Convergence retraining, visual tracking, head/neck mobility issues addressed.**
- 8) DIZZINESS. Ruling out BPPV, cervical involvement, and visual disturbance. Exercises and vestibular rehab may be helpful in many circumstances.**
- 9) IMPAIRED PROPRIOCEPTION. Muscle re-education with weight-bearing/rotation coupled with proper nerve glides may "re-set" your sensory input and inhibit improper tone.**
- 10) PAIN. Manual therapy techniques provide better motion/relaxation. Proper home exercises and self-care treatment are taught to each person.**
- 11) POSTURE CHANGES. Segmental extension techniques, daily joint motion, proper rest and ADL positioning help improve static and dynamic posture.**
- 12) URINARY INCONTINENCE. Retraining of the pelvic floor muscles, relaxation of improper tone, and EMG feedback available.**
- 13) RESPIRATORY INSUFFICIENCY. Avoiding/preventing pneumonia, improving voice support with rib release, diaphragm release, posture and daily breathing exercises.**