

Keep moving:
an introduction to
Parkinson's and exercise

THE EXERCISES SHOWN HERE ARE A SMALL SAMPLE OF THE MANY POSSIBLE EXERCISES YOU CAN DO. THEY ARE DESIGNED TO BE CHALLENGING SO PLEASE TAKE CARE AND DO NOT ATTEMPT ANYTHING YOU ARE NOT CONFIDENT IN. IF YOU CANNOT DO 10 REPETITIONS DO AS MANY AS YOU ARE ABLE AND GRADUALLY INCREASE.

EXERCISES FOR STRENGTH



GETTING UP FROM KNEELING

- (1) Stand in front of your couch or a sturdy chair
- (2) Step backwards with one foot then come down into a kneeling position
- (3) Stand up – use your support to steady you if needed
- (4) Repeat on the other side



STANDING UP FROM A CHAIR

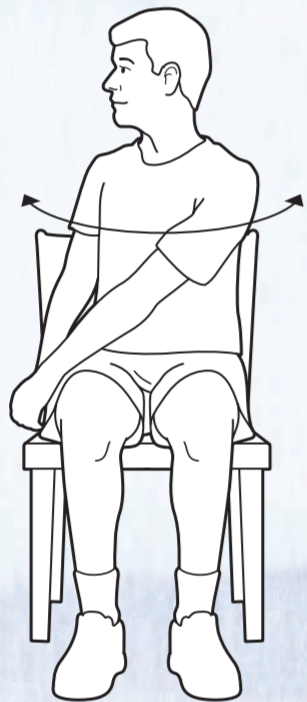
- (1) Sit on a chair which is as low to the ground as you can cope with and move your bottom forward in the chair
- (2) Place your feet hip distance apart and push down firmly through your legs and stand up
- (3) If possible do not use your hands, keep them crossed over your chest
- (4) Repeat 10 times



TIP TOES

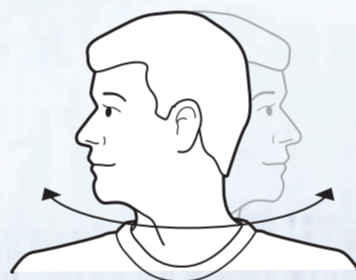
- (1) Stand by the kitchen bench or table
- (2) Slowly rise up onto your tip toes without leaning forward
- (3) Hold there for 3 seconds then lower
- (4) Repeat 10 times

EXERCISES FOR FLEXIBILITY



TRUNK ROTATION

- (1) Sitting or standing turn your shoulders and head as far as you can without discomfort
- (2) Repeat 10 times in each direction



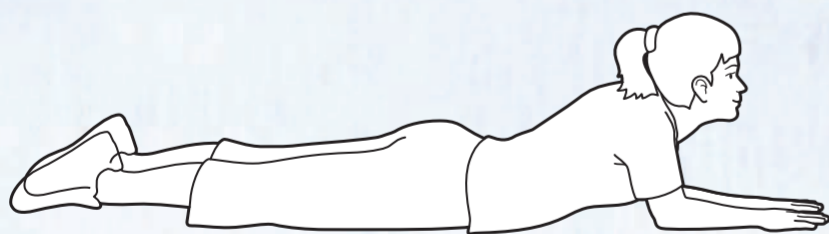
NECK ROTATION

- (1) Sit or stand with shoulders back and chin slightly tucked
- (2) Slowly turn your head as far as you can without discomfort
- (3) Repeat 10 times in each direction



HAMSTRING STRETCH

- (1) Sit on the edge of a chair with one leg out straight in front of you
- (2) Pull your toes towards you and lean forward from your hip, keeping your chin up, until you feel a stretch down the back of your leg
- (3) Hold for 5 slow breaths in and out then swap legs



CHEST & HIP STRETCH

- (1) Lie on the floor or your bed
- (2) Bring your elbows below your shoulders and lift your shoulders and chest off the ground
- (3) Keep your tummy and hips on the ground and relaxed
- (4) Hold for 5 slow breaths

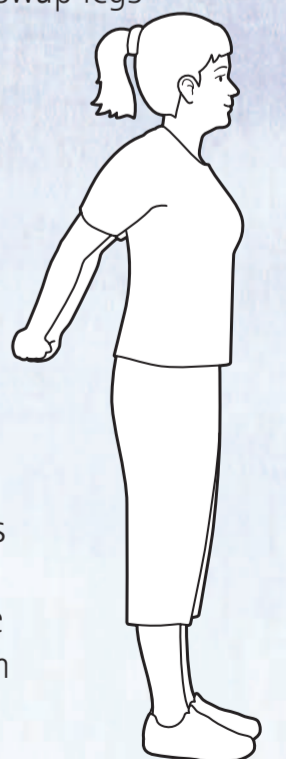


FRONT THIGH STRETCH

- (1) Lie on your tummy with your arms bent in front of you
- (2) Bend your knee back moving your foot as close to your buttocks as you are able
- (3) Keep your thigh and hip on the ground
- (4) Hold for 5 slow breaths then repeat on the other side

CHEST STRETCH

- (1) Stand up tall and clasp your hands behind your back
- (2) Gently lift your hands up as you breathe out, pulling your shoulder blades together at the same time
- (3) As you breathe in lift your chest up
- (4) Hold for 5 slow breaths



FULL BODY STRETCH

- (1) Lie on your back with your legs stretched out and reach both arms over your head so your hands reach the floor or bed
- (2) As you breathe out let your whole body relax and feel as if it is sinking into the floor
- (3) Hold for 5 slow breaths – longer if you are able
- (4) This is a good position in which to close your eyes and relax for a few minutes. If you find the arms get uncomfortable move them so that they rest by your side

