

# EXERCISE FOR PATIENTS WITH PARKINSON'S DISEASE



Please consult your doctor prior to starting this exercise program.

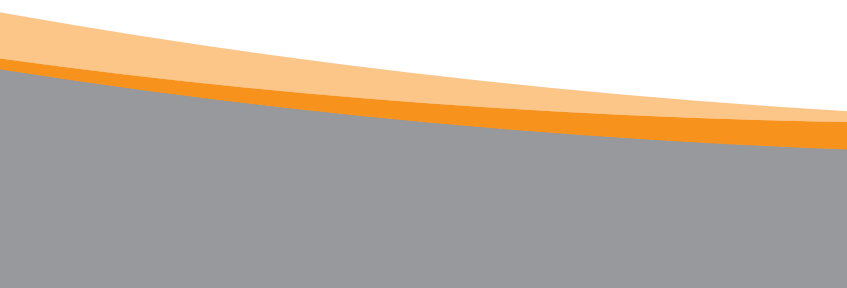
## Introduction

Dear Patient,

In addition to the drug therapy, regular exercises are essential for Parkinson's therapy. Therefore we have produced these exercise cards for you.


Every exercise card includes a picture and written instructions, so that you can do these exercises easily at home in your living room or bedroom.

Kindly note that depending on your daily condition, you'll feel that on some days these exercises are harder for you than on others. But the most important goal is to have fun during these exercises.



It's not necessary to perform these exercises every day, just work at your own pace throughout the day.

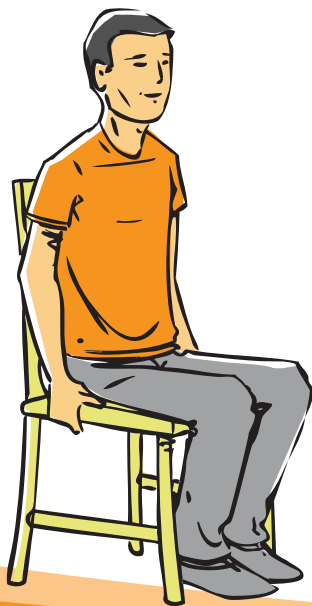
In case you feel pain during exercising, please stop exercising and always seek medical advice from your healthcare professional before undertaking any further exercising.

- Don't hold your breath during exercising.
  - Don't do too many exercises at a time.
  - Exercise carefully, gently and within your limits.
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# 1

## Starting position: the seat

- Sit down on a straight-backed chair
- Hold your back straight – a little pillow will help you to brace the lumbar vertebrae.
- Your legs should be 30 cm apart.
- Place your heels slightly behind your knees.



# Exercise 1

## Movability of the shoulders

- Roll your shoulders together backwards.

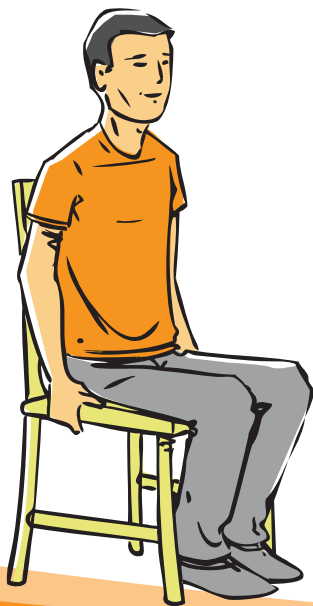
Please note: Roll the shoulders with a downwards movement.



# 2

## Starting position: the seat

- Sit down on a straight-backed chair
- Hold your back straight – a little pillow will help you to brace the lumbar vertebrae.
- Your legs should be 30 cm apart.
- Place your heels slightly behind your knees.

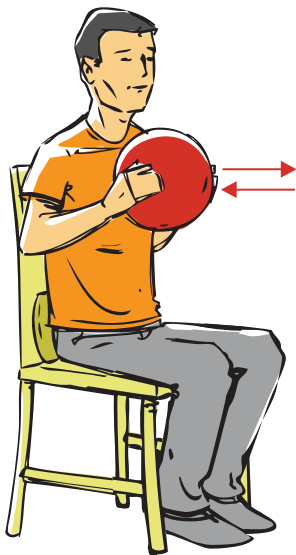


## Exercise 2

### Stretching of the thoracic spine

- Take the ball with both hands at the breast-bone and push the ball with a small movement forwards and back.

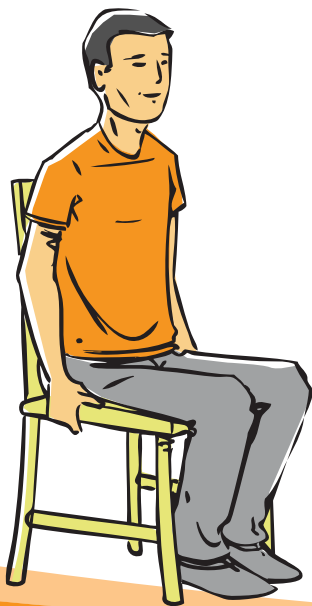
Attention: Let your shoulder blades lean on the straight-backed chair. Combining the first and second exercise would be very effective.



# 3

## Starting position: the seat

- Sit down on a straight-backed chair
- Hold your back straight – a little pillow will help you to brace the lumbar vertebrae.
- Your legs should be 30 cm apart.
- Place your heels slightly behind your knees.





## Exercise 3

### Weight displacement from bottom to the feet

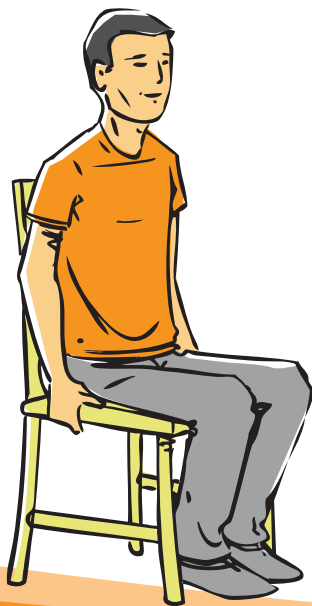
- Take the ball with both hands and push it forward with a thrusting movement, until your buttocks lift from the chair and your entire weight is on your feet. Pay careful attention to the forward movement!



# 4

## Starting position: the seat

- Sit down on a straight-backed chair
- Hold your back straight – a little pillow will help you to brace the lumbar vertebrae.
- Your legs should be 30 cm apart.
- Place your heels slightly behind your knees.



## Exercise 4

### Movability of the cervical spine

- Hold your head straight and move it to the left and to the right side while your eyes follow the movement.

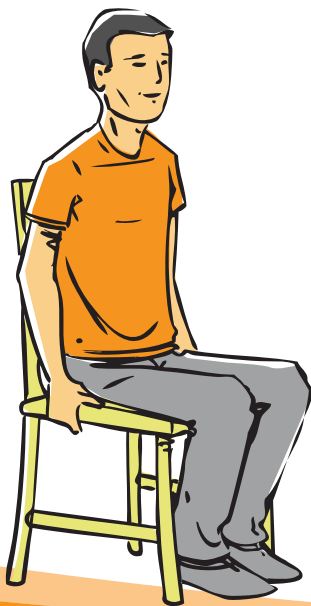
Please note: You should not move your shoulders. The movement should be in a rhythm that is comfortable for you, without too much of a strain.



# 5

## Starting position: the seat

- Sit down on a straight-backed chair
- Hold your back straight – a little pillow will help you to brace the lumbar vertebrae.
- Your legs should be 30 cm apart.
- Place your heels slightly behind your knees.



# Exercise 5

## Movability of the cervical spine

- Hold your head straight and move your eyes and chin together to the middle of your breastbone and back. Tilting your head back and forth.

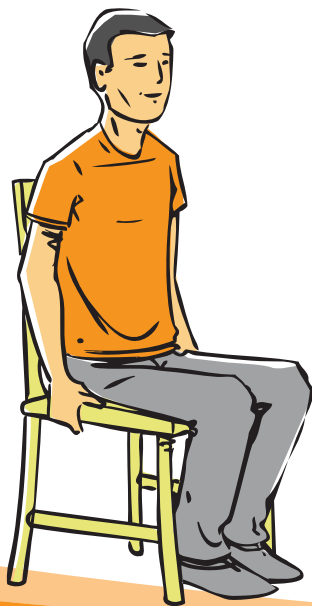
Please note: Your mouth should remain closed and your shoulders should not move.



# 6

## Starting position: the seat

- Sit down on a straight-backed chair
- Hold your back straight – a little pillow will help you to brace the lumbar vertebrae.
- Your legs should be 30 cm apart.
- Place your heels slightly behind your knees.

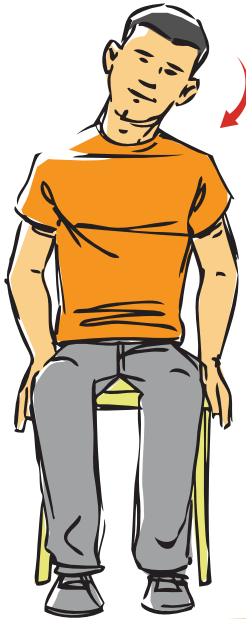


# Exercise 6

## Movability of the cervical spine

- Hold your head straight and move your left ear to your left shoulder. Do the same with your right ear and right shoulder.

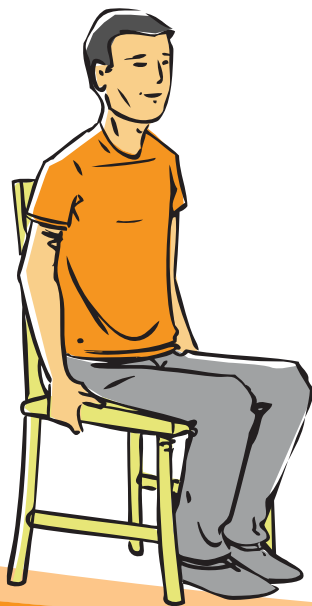
Please note: Don't turn your head, tilt it from side to side.



# 7

## Starting position: the seat

- Sit down on a straight-backed chair
- Hold your back straight – a little pillow will help you to brace the lumbar vertebrae.
- Your legs should be 30 cm apart.
- Place your heels slightly behind your knees.



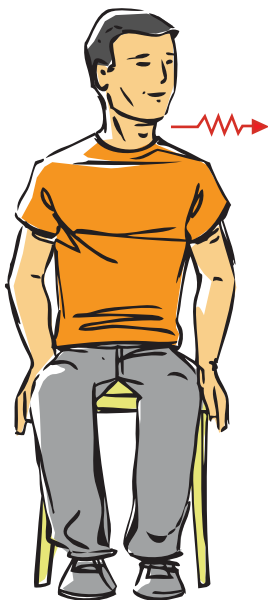


# Exercise 7

## Movability of the cervical spine

- Turn your head to the left and nod a little bit. Do the same to the right.

Please note: Your shoulders should not move.



# 8

## Starting position: Upright stand

- Place your legs 30 cm apart.
- Keep your shoulders parallel to your pelvis.
- Look far into the distance.

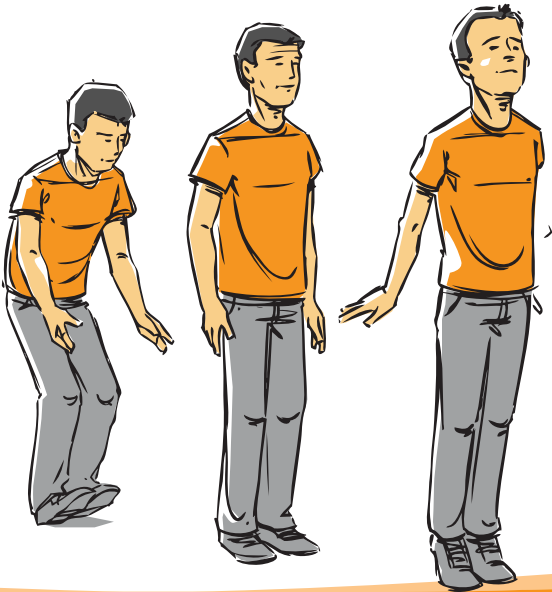


# Exercise 8

## Balance and Core

- Place your weight onto your heels, simultaneously moving your pelvis backwards. Then place your weight onto your toes while moving your pelvis forwards.

Do this exercise rhythmically, allowing your arms to swing in time with the movement.



# 9

## Starting position: Upright stand

- Place your legs 30 cm apart.
- Keep your shoulders parallel to your pelvis.
- Look far into the distance.

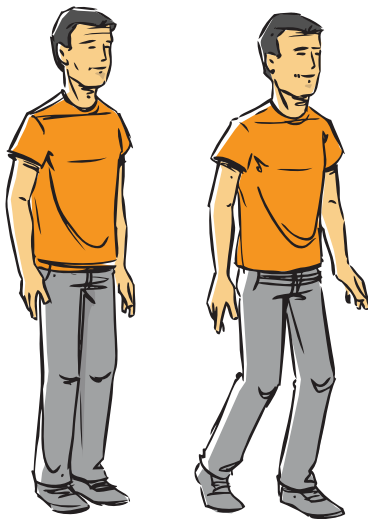


## Exercise 9

### Balance and weight displacement

- Place your weight onto the left side of your body. With the right foot take one step forward and one step backward. Your torso follows your movement.
- Switch sides after several repetitions.

Please note: Roll your foot. Your shoulders should be parallel to your pelvis.



# 10

## Starting position: Sideways

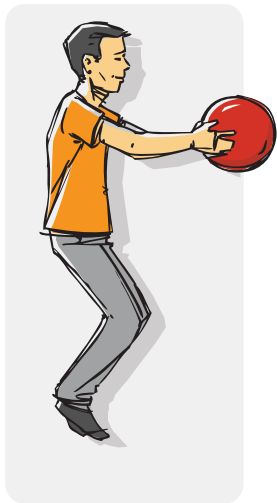
- Place a pillow under your head.
- Your head, shoulders and pelvis should be in one line.
- Look to one side.
- Stretch out your arms and hold the ball with both hands.
- Bow your legs.



# Exercise 10

## Twisting your torso and chest muscles

- Hold the ball with the exposed hand, turning it to the other side and back.
- Watch the ball
- In the end of the exercise hold the ball 20 seconds.
- Change the side after some repetitions.



# 11

## Starting position: Lying face up in bed

- Stretch out your arms over your head.
- Stretch your legs and turn your feet to the outside.





# Exercise 11

## Exercise to stretch your spine and hips

- Turn your head to the left and bend your left knee and left arm toward each other, then return to the starting position.
- Do the same exercise with the other side until you feel a rhythmical shift. Note the weight displacement to the right and left.



