

Physical Therapist Management of Parkinson Disease



Here are six common reasons why people with Parkinson's disease seek physical therapy care. **Based on the outcome you wish to improve, the colorful "pills" state the type of physical therapy treatments that your physical therapist should use.** Like the pills prescribed by your doctor, your physical therapist will prescribe these activities tailored to your needs.



Motor Disease Severity

Tremors, stiffness, and difficulty moving

Aerobic Exercise

Gait Training

Resistance Training

Integrated Care

Community-Based Exercise



Functional Mobility

Moving from one spot to another

Aerobic Exercise

Resistance Training

Community-Based Exercise

Task-Specific Training



Walking

Step length, speed, and endurance

Gait Training

Balance Training

External Cueing



Balance

Steadiness, agility, and fall risk

Balance Training

Gait Training

Telerehabilitation



Quality of Life

Overall wellbeing and perceived health status

Balance Training

Resistance Training

Community-Based Exercise

Behavior Change Approach

Integrated Care



Non-motor Symptoms

Cognition, depression, anxiety, and sleep

Resistance Training

Community-Based Exercise

Integrated Care

If you or your Physical Therapists would like to know more, you can scan this QR code with your phone's camera to see the full guidelines



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Definitions of types of training

Aerobic Exercise Fast-pace exercise meant to get your heart rate up

Balance Training Exercises to improve your stability and risk of falling

Behavior Change Approach Goal setting, coaching, and problem solving to increase exercise

Community-Based Exercise Group sessions that may use multiple types of exercise

External Cueing Using rhythmic cues (auditory, visual) to guide your movement

Integrated Care Multiple professionals work together as a team

Gait Training Repetitive walking practice including basic and more complex stepping activities

Resistance Training Exercises to improve your muscle strength, power, and endurance exercise

Task-Specific Training Practicing the specific action you're hoping to do more easily

Telerehabilitation Sessions with your PT over video-conference software

This summary is based on a Clinical Practice Guideline for physical therapists. Guidelines are a collection of recommendations put together based on research findings and the opinions of experts in the field. Guidelines help clinicians improve how they care for patients. Because each patient's needs are unique, physical therapists use these guidelines as a starting point for creating a personalized treatment program that's right for you.

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