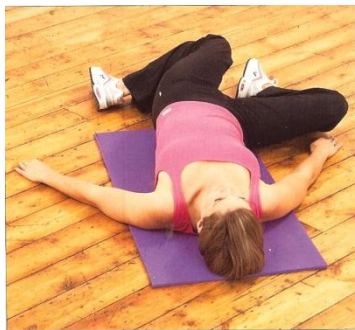
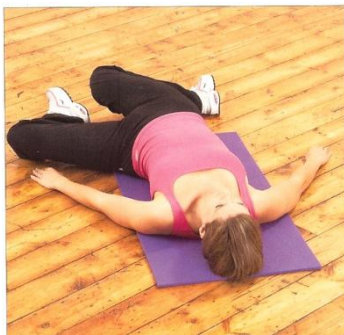


**The best exercise . . . is the one you'll do.** There are lots of good exercise options; these are just a few to consider. When possible I've shown easier variations along the right side. Do what is comfortable for you.

**Flexibility:** Rigidity and stiffness especially along the spine are hallmarks of PD and often responsible for common kinds of low back pain.

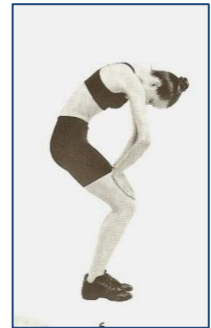
### Knee Rolls, side to side



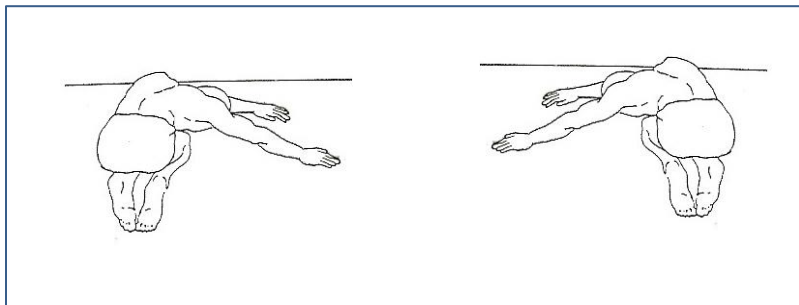
### Adductor (groin muscle) stretch



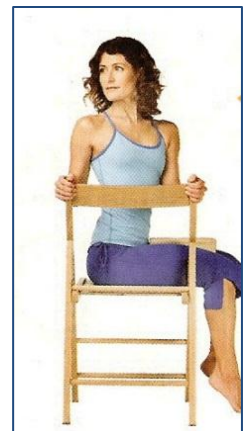
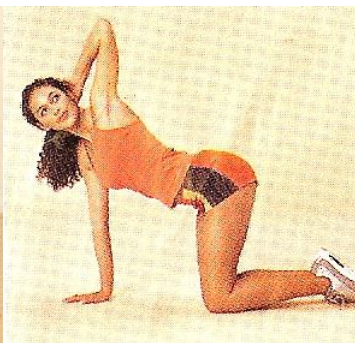
**Cat and Camel**



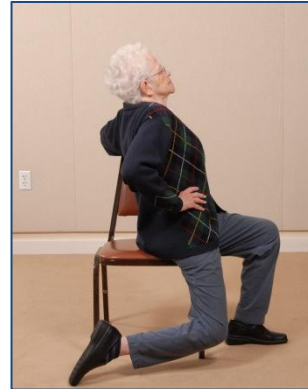
**Prayer Stretches**



**Thread the Needle** – trunk rotation. Rolling one shoulder under, then up

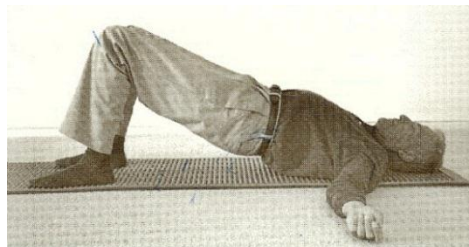


**Hip Flexor Stretches** (top of hip in front of body)

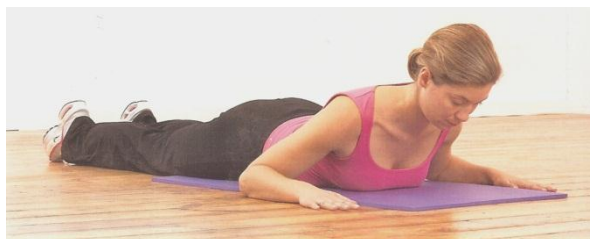
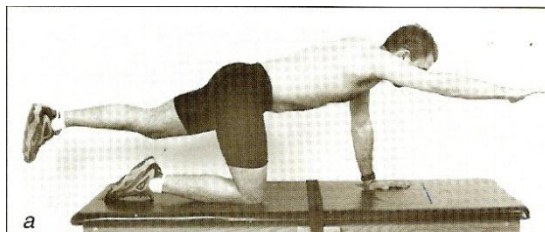


**Strength & Length Activities** – these help maintain upright posture.

**Bridges**



**Bird Dogs & Cobra**



Activities for Parkinson's Disease  
Sue Scott, MS  
Renewable Fitness & ABLE Bodies®  
www.ABLEbodies.org

In General. Do what you like. What you'll stick with.



Think BIG – see Audrey. It is helpful to imagine exaggerating all your moves. Size matters. People with PD often begin walking with smaller steps, writing smaller and talking softer. So think to move and live BIG.

Practice daily activities that are becoming difficult for you. Consider making your own personal obstacle course.

Use Music. It'll help you initiate and maintain movement, rhythm and coordination.

Try walking with balance poles (see picture). Available at Foot Solutions for just about \$50.

Tai Chi is excellent for balance and body awareness. So is Pilates and Yoga. All are meditative which is good for our brains.

Consider too, “Brain Training” software (Luminosity or Posit Science are both good). Parkinson's can affect movement and thinking skills. I think the Driving games are a good place to start. It could never hurt to be a better driver.

