

Physical Therapy

For Parkinson's Disease

Fall Prevention

Adjust your home environment to help prevent falls by:

- removing lightweight furniture that topples easily
- securing loose rugs
- fitting long hallways and stairs with handrails
- fitting bathrooms with grab bars and non-skid adhesive strips
- ensuring that halls, stairways and entrances are well lit

For more tips and advice, speak to a physical therapist.

An individualized exercise plan can help reduce your risk of falls. Talk to a physical therapist to find out what exercises are right for you.

Independence

Physical therapy can help increase independence in areas such as:

Self-Care: Bathing, dressing, grooming, toileting, self-feeding

Transfers: Standing up from sitting, getting in and out of the shower, moving in and out of the car

Mobility: Moving in bed, moving around the house safely, commuting in the community

Occupation: An individualized treatment plan can help address specific needs associated with your job.

Contact a physiotherapist to overcome challenges with being independent in your day to day activities.



Walking Aids

There are many types of walking aids that can help you with balance, stability, posture and walking speed:

- Walking canes
- Walkers
- Urban poles - also known as nordic walking poles

To find out which type of walking aid is suitable for your needs and how to properly use one, speak to a physical therapist.

Do you ever feel off balance or unable to control movements?



Exercise

Physical therapy can help you increase your balance, strength and flexibility to do the everyday activities you enjoy.

A physical therapist can create an individualized program that meets your specific needs.

Addressing:

- Posture
- Balance
- Flexibility
- Muscle Strength
- Fatigue



Additional Resources:

Saskatoon Health Region

LiveWell Parkinson's Program

306-655-LIVE

www.saskatoonhealthregion.ca/LiveWell

Parkinson's Exercise Class at the Saskatoon Field House

306-655-4737

Movement Disorder Yoga

306-716-8638

www.vangoolwellness.com

CBI Health Centre Group Programs for People with Parkinson's

306-664-3604



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1-888-685-0059

www.parkinsonsaskatchewan.ca



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