



This flexibility exercise chart has been developed by the Parkinson's Association of Ireland in collaboration with Lundbeck (Ireland) Ltd.

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These exercises are frequently used as part of a treatment programme for Parkinson's disease. Always consult your Chartered Physiotherapist prior to commencing any new exercise programme.

# PARKINSON'S FLEXIBILITY EXERCISE PROGRAMME



## Neck Side Bend

**START POSITION** Sit up tall, look forward.  
**EXERCISE** Place left hand on top of head, lightly pull head with hand towards left shoulder. Hold for 30 seconds. Alternate sides. **REPEAT** 3 times.



## Head Rotation

**START POSITION** Sitting upright.  
**EXERCISE** Turn head to left. Place right hand on right cheek and lightly press to increase the turn. Hold for 20 seconds. Alternate sides. **REPEAT** 3 times.



## Spinal Rotation

**START POSITION** Lie on your back, knees bent, feet flat, arms spread open.  
**EXERCISE** Rotate knees to the left. Hold for 30 seconds. Alternate sides. **REPEAT** 3 times.



## Back Extension

**START POSITION** Lie on your stomach, hands on the surface at shoulder level or in front.  
**EXERCISE** Push-up onto elbows and keep hips on surface. Hold for 30 seconds. **REPEAT** 3 times.



## Trunk Rotation

**START POSITION** Sit tall on a hard chair.  
**EXERCISE** Twist upper torso to the left and with the left arm take hold of the arm or back of chair. With the right arm, pull and twist a little further to the left. Hold for 30 seconds. Alternate sides. **REPEAT** 3 times.



## Trunk Mobilisation

**START POSITION** Hands by side or on lap.  
**EXERCISE** Slump down, then sit up tall. Start the movement from the lower back as you move up and down. As you sit up your body moves slightly forwards. **REPEAT** 10 times.



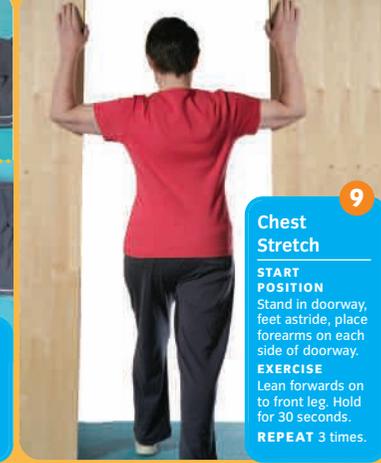
## Trunk Side Bend

**START POSITION** Stand with feet wide apart and stable.  
**EXERCISE** Slide left hand down left leg. Place right hand over the head to increase stretch. Hold for 30 seconds. Alternate sides. **REPEAT** 3 times.



## Arm Lifts

**START POSITION** Lie flat on back.  
**EXERCISE** Stretch the arms overhead. Avoid arching lower back. Hold for 30 seconds. **REPEAT** 3 times.



## Chest Stretch

**START POSITION** Stand in doorway, feet astride, place forearms on each side of doorway.  
**EXERCISE** Lean forwards on to front leg. Hold for 30 seconds. **REPEAT** 3 times.



## Forearm / Shoulder Stretch

**START POSITION** Stand with feet wide apart.  
**EXERCISE** Stretch arms behind back and clasp hands. Push arms back a little further. Hold for 30 seconds. **REPEAT** 3 times.



## Wrist / Hand Stretch

**START POSITION** Hands in front of chest with fingers upright.  
**EXERCISE** Slide hands downwards keeping palms together. Hold for 30 seconds. **REPEAT** 3 times.



## Upright Posture

**START POSITION** Stand with back against wall.  
**EXERCISE** Place heels as close to wall as possible, stomach in, draw shoulders back towards wall, tuck in chin, look ahead. Hold this position for 2 minutes. **REPEAT** 5 times daily.



## Hamstring Stretch

**START POSITION** Sit upright in chair, right leg straight, left knee bent with foot on floor.  
**EXERCISE** Lean forward, slide hands down right leg. Hold 30 for 30 seconds. Alternate legs. **REPEAT** 3 times.



## Calf Stretch

**START POSITION** Stand with hands on a wall or work surface. Place one leg behind the other, with feet facing forward, front knee bent and back knee straight.  
**EXERCISE** Lean forwards on to the front leg, keeping the heel of the back leg on the floor. Hold for 30 seconds. Alternate legs. **REPEAT** 3 times.