



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

We would like to thank Gráinne McKeown from Dublin Physiotherapy Clinic for her help in developing the exercises and David Magennis and Helen Stapleton for demonstrating each of the exercises.

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.

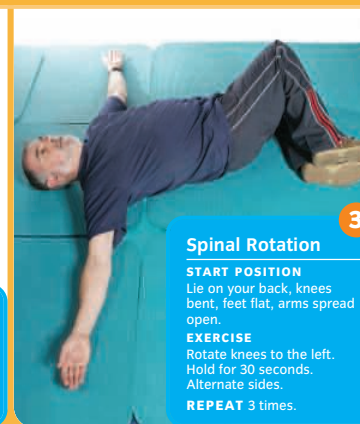


Head Rotation

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.

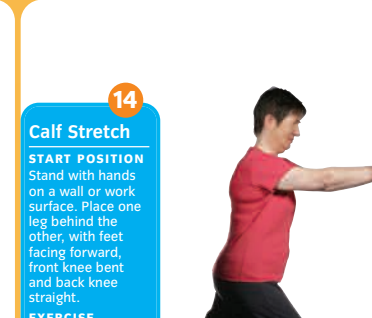


Hamstring Stretch

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.