

Keep moving, Keep fit



Exercise is important for everyone whether you have Parkinson's or not. The exercises on this poster are just some of those you may like to do as part of a daily exercise programme. They are not intended to replace regular sessions with your physiotherapist or other classes. Remember to warm up with gentle stretches before strengthening exercises. Daily exercise could include activities such as walking, tai chi or hydrotherapy. Always be aware of your posture when exercising, walking, sitting or standing. It is always advisable to consult your doctor before starting any exercise programme.

Stretches

**Exercises to gain flexibility
- can be performed daily**

Remember don't stretch to pain, just stretch to tightness.



Chin tuck

Place one hand on your chin. Tuck your chin back, feel the back of your neck lengthen slightly. Repeat 3 times.



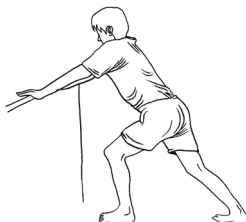
Standing back stretch

Stand up tall. Place hands on the small of the back. Gently arch backwards. Repeat 3 times.



Hamstring stretch

Hold on to a table or bench with your arms straight. Bend forward at your waist, feel the pull above your knees. If you let your head sink down you will feel a stretch of the front of the shoulders. Repeat 3 times.



Calf stretch

Stand at a wall or bench. Lean, with arms straight, into wall or bench. Place one foot back, keeping it flat on the floor, bend the other leg at the knee. Feel the stretch in the back calf. Hold, then relax. Repeat 3 times.



Trunk stretch

Sitting on a chair, grasp your hands together in front of you. Raise your arms over your head. Bend to one side, feel the stretch in your side. Repeat with the other side. Repeat 3 times each side.



Shoulder – chest stretch

Stand or sit, grasp hands together behind your back. Keep elbows straight, lift arms until you feel tension in your chest muscles. Hold. Then lower as you breathe out. Repeat 3 times.



Cross chest

Sit on a chair with a low back. Cross your arms across your chest. Lean backwards over the back of the chair. You can also rotate your trunk right, then left, touching the back of the chair with your hand. Repeat 3 times.



Chest stretch

Sitting in a chair, hands interlaced at waist level. Take a deep breath in, push your hands out straight and breathe out. Bring your hands back to waist level, breathe in and push hands upwards while pushing the breath out. Bring hands back to waist level, breathe in and push hands down to the floor while breathing out. Turn your palms upwards and carefully straighten out to a sitting position. Repeat 3 times.



Muscle strength

**Exercises to strengthen your muscles
- can be performed on alternate days**



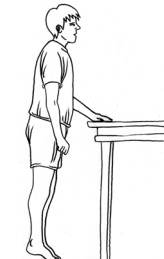
Sit to stand

Slide to the edge of the seat, use the arm rests. Lean forwards, put your feet under you, about 1/2 metre apart. Push 'forwards and up' in a smooth movement. Repeat 3 - 8 times.



Toe raises

Hold on to the back of a bench. Raise up on tip toes. Lower to floor. Repeat 10 times.



Wall push-ups

Stand facing a corner, place one hand on each wall. Lower yourself towards the wall, feeling the stretch in your shoulders. Keeping your feet flat, push yourself away from the wall. Repeat 8 - 10 times.



Posture

**Exercises to improve posture
- can be performed daily**



Sitting posture

Choose a chair with a stable base and good support. You may want to place a small rolled towel or lumbar roll in the curve of your back. This will help lengthen your back. Repeat 3 times.



Standing posture

Stand facing the wall. Stretch up the wall with both arms. Try to lengthen the back. Repeat 3 times.



Pelvic tilt

Lie on your back on the floor with your knees bent, feet flat. Flatten the small of your back against the floor using your stomach muscles. Breathe in and hold the position for 5 to 10 seconds. Progress the exercise by lifting one knee slowly towards your chest. Straighten leg and lower slowly. Repeat 8 - 10 times.



Half push ups

Lie on your stomach on the floor. Push up onto your elbows, to create a curve in the small of your back. Hold for 10 seconds. If possible straighten out your arms and hold for 10 seconds. Relax. Repeat 8 - 10 times.



Hand exercise

Hold a tennis ball on the back of your hand, fingers outstretched. Balance the ball on the back of your hand, moving your hand around. Can you do this with your eyes closed? Toss the ball up, turn your hand over and catch it. Repeat 8 - 10 times.