

Additional Information

- Cost: There is no charge for participating in this program.
- Attire: Please wear comfortable clothing and clean, supportive shoe wear.
- Please inform therapy staff if you require increased assistance or if you have other medical concerns (example: high blood pressure, dizziness,

St. Francis Memorial Hospital

Rehabilitation Department

430 North Monitor

West Point, NE 68788

Phone: 402-372-2372

St. Francis
Memorial Hospital
Wimmer

Parkinson's Exercise

Tuesday & Thursday
11:00 AM to 12:30
PM

Location:

Why Should you Participate in the Parkinson's Exercise

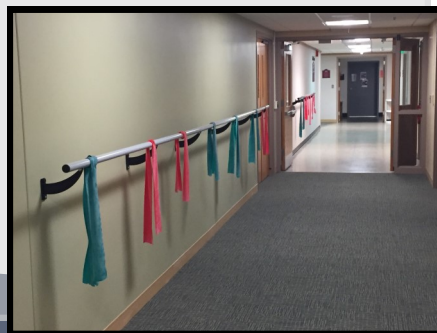
Exercise has been proven to help alleviate symptoms of Parkinson's Disease. Research suggests exercise can help individuals with Parkinson's Disease improve mobility & accomplish daily tasks with greater ease. Participating in the exercises incorporated into this program are

What to Expect

Parkinson's patients will participate in a variety of seated and standing exercises. Participants will be provided with rest breaks as needed, and all exercises can be accommodated to the participants tolerance. Patients will also be challenged to

Benefits of Exercise Specific for Parkinson's Patients

- Enhanced Quality of Life
- Improved Mobility and Independence with Day-to-Day Tasks
- Increased Flexibility of Muscles
- Improved Motion of Joints
- Reduced Stiffness of Muscles and Joints
- Improved Posture
- Faster Movements
- Improved Blood Circulation
- Better Digestion
- Increased Breathing Efficiency
- Improved Balance
- Decreased Risk for Falls



Parkinson's Caregivers

Caregivers of participants involved in the **Parkinson's Exercise Program** are invited to meet Tuesday & Thursday between 11:00 and 12:30 in the commons area, outside of the cafeteria (located on 2nd floor). On occasion professionals with information pertinent to Parkinson's Disease will meet