

PARKINSON'S DISEASE

Exercise Program



**Franciscan
Healthcare**

Your health is our passion.

**DIRECT LINE
402.372.2372**

Parkinson's Disease Exercise Program

Research suggests exercise can help individuals with Parkinson's Disease improve mobility and accomplish daily tasks with greater ease. Participating in the exercises incorporated into this program are targeted to keep you active, keep you moving, and help you feel good!

Parkinson's Disease Support Group

Caregivers of participants involved in the Parkinson's Disease Exercise Program are welcome to meet in the Franciscan Healthcare hospital cafeteria on Tuesdays and Thursdays during the group exercise time. On occasion, professionals with information pertinent to Parkinson's Disease will meet with the support group.



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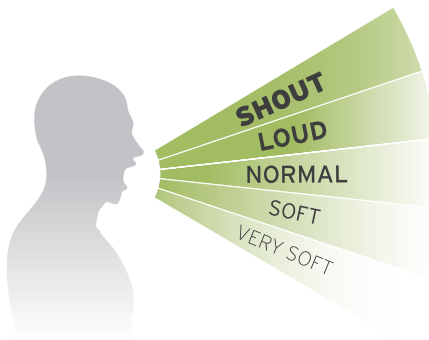
BENEFITS OF EXERCISE FOR THOSE WITH PARKINSON'S DISEASE

- Decreased risk for falls
- Enhanced quality of life
- Faster movements
- Improved balance
- Improved circulation
- Improved digestion
- Improved mobility and independence with daily tasks
- Improved motion of joints
- Improved posture
- Increased breathing efficiency
- Increased flexibility of muscles
- Reduced stiffness of muscles and joints

LEE SILVERMAN VOICE TREATMENT (LSVT)

LSVT BIG This treatment program is customized to the goals of each patient including both gross and fine motor skills. It includes 16 one-hour sessions on four consecutive days a week for four weeks, daily homework practice, and daily carryover exercises.

LSVT LOUD This treatment program focuses on the loudness mismatch common in patients with Parkinson's Disease. This plan also includes 16 one-hour sessions, four days a week for four weeks, daily homework practice, and daily carryover exercises. It improves respiratory function, articulation, and voice function to maximize communication and intelligibility.



As a result of Parkinson's Disease you will need to use more vocal effort to have a voice within normal loudness limits.

EXERCISE PROGRAM INFORMATION

WHEN

Tuesdays & Thursdays
11:00 A.M.

WHERE

Rehabilitation Fitness Room

COST

FREE

INTERESTED?

Call **402.372.2372** to schedule your
orientation session!

If you require increased assistance or if you
have other medical concerns, please inform
the Rehabilitation Department staff.



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**REHABILITATION & WELLNESS
DIRECT LINE**

402.372.2372 Fax 402.372.6773

Intérpretes Disponible 402.372.2404

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