

PHYSICAL THERAPY TECHNIQUES

Physical therapy can help create an individualized plan for improving Parkinson's symptoms with the help of a professional.



Overexaggerate movements, like arm swings, to retrain the muscles.

Amplitude Training



Focus on side-to-side movements, like swinging your arms when you walk, to prevent Parkinson's progression.

Reciprocal Patterns



Improve your balance to prevent Parkinson's from affecting your gait.

Balance Work



Stretch frequently to prevent stiffness. Trying to touch your toes will help loosen tight muscles.

Flexibility



Strengthen muscles to prevent weakness. Using a resistance band can help maintain muscle.

Strength Training

ONLINE RESOURCES

The Parkinson's Foundation:

parkinson.org

IN-PERSON RESOURCES

Northwestern Medicine Parkinson's Disease and Movement Disorders Center

- Support groups, exercise classes, and information
- 259 East Erie Street, 19th Floor, Chicago, IL 60611
- (312) 695-7950

The Parkinson's Foundation Midwest Chapter

- Support group, wellness sessions, education, special events
- 312-762-5706

Rush University Medical Center Movement Disorders Program

- Wellness programs, comprehensive & palliative care
- 1725 West Harrison Street Suite 755, Chicago, IL 60612

Parkinson's Disease



Chesney Brown
Evanston Township High School
2026

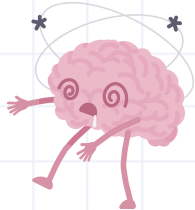
INTRODUCTION

Parkinson's Disease is a neurodegenerative disorder that results in a loss of dopamine. Significant **risk factors** are individuals aged 60 or older and environmental factors (significant pesticide and herbicide exposure), along with a history of melanoma or traumatic brain injury.

RISK FACTORS



Genetics



Brain Injury



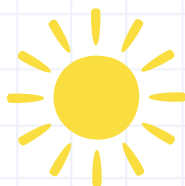
Pesticide exposure



Old age



Heavy metals



Melanoma

SIGNS AND SYMPTOMS



Bradykinesia (slowness of movement) is one of the core features of Parkinson's. Additionally, individuals experience a **tremor** at rest, **stiffness** in the legs and arms, and an inability to walk steadily. Some additional signs and symptoms are: sleep dysfunction, mood changes, loss of smell, constipation, and excess salivation.

MANAGEMENT

Since Parkinson's is caused by decreased dopamine levels, one approach to treatment is increasing dopamine levels using **medications** such as levodopa-carbidopa. **Deep-brain stimulation** helps stabilize the balance of brain signals.

A healthier lifestyle including exercise, healthy diet, and sleep can improve the symptoms of Parkinson's.

Parkinson's Disease Lifestyle Modifications

Exercise regularly

Eat a healthy diet

Get enough sleep

Get mental health support

Utilize a team of professionals