



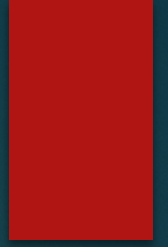
Empowerment of Movement

PRESENTATION BY JUDY MAK, PT, MPT
SCRIPPS MEMORIAL HOSPITAL LA JOLLA

Objectives

- ▶ How the Parkinson's Brain perceives movement
- ▶ Why does regular exercises or walking daily does **NOT** always help with gait and balance
- ▶ Ideal activities for people with PD

Parkinson's Brain

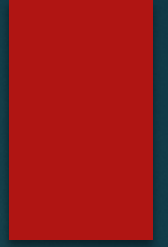


- ▶ Decreased perception of movement
- ▶ Delayed response
- ▶ Inadequate response

Exercise

- ▶ Needs challenge
- ▶ Greater than perceived norm
- ▶ Retraining of the brain

Meaningful activities



- ▶ Activities of Daily Living
- ▶ General mobility
- ▶ Active stretching
- ▶ Positive reinforcement/ “Aha Moments”

LSVT Big

Lee Silverman Voice Therapy, BIG

Exercise protocol designed for people with Parkinson's Disease that is based on an intensive amplitude-based exercise program for the limb motor system.

Protocol

- ▶ Sixteen, 1 hour individual sessions
- ▶ 4 times per week for 4 weeks
- ▶ Additional HEP to be done daily
 - ▶ Once a day on days of therapy and twice a day on days without therapy

Treatment Protocol

- ▶ Maximal Daily Tasks
 - ▶ Sustained Movements, Repetitive Movements, Functional Movements
- ▶ Hierarchy Tasks
 - ▶ ADLs, Walk & Talk, Tennis
- ▶ Carry over Tasks – “Aha moment”

Studies

- ▶ Farley, et al. *Topics in Geriatric Rehabilitation* Vol 24, No.2, pp.99-114
 - ▶ Improvement in gait speed and step length, balance, dual tasking, reaching lasting up to 3 months after treatment protocol
- ▶ Preliminary studies of *BIG* and *LOUD* suggest that the two therapies are complementary

PWR

Parkinson's Wellness Recovery

- ▶ Exercise program that focuses on task-specific training routines
- ▶ High repetition
- ▶ Flexible
- ▶ Incorporates other exercise approaches
 - ▶ Dancing, tai chi, boxing, pole walking



LIVE

Big!!!!!!