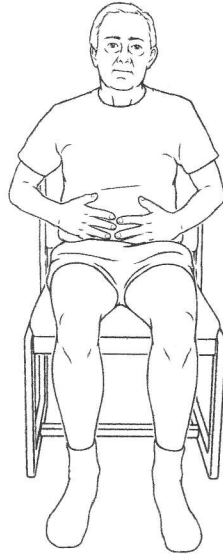


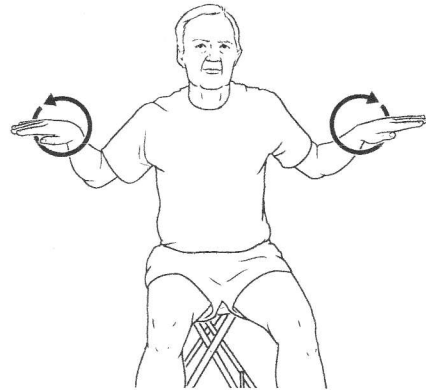
PARKINSON - 1 Deep Breathing

Place hands on stomach and take a deep breath, filling diaphragm. Feel hands move out. Exhale fully and feel hands move in.



Repeat deep breaths \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

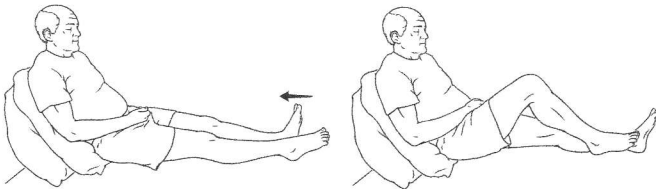
PARKINSON - 12 Wrist Circle



With hands, not arms, make slow circles \_\_\_\_\_ times in each direction.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 3 Long Sitting Bend

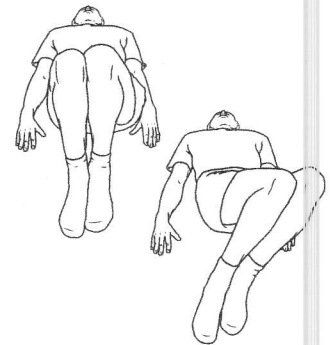


In long sitting position, bend and straighten toes. Then bend ankle, moving foot. Then bend and straighten knee. Do the moves to one leg and then the other.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

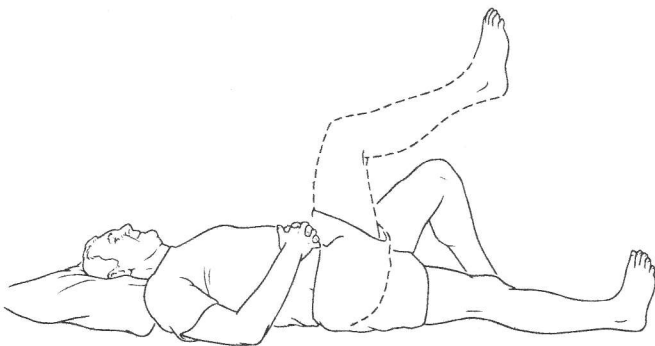
PARKINSON - 4 Knee Rock

With knees bent and feet flat, roll knees from side to side about \_\_\_\_\_ inches.



Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

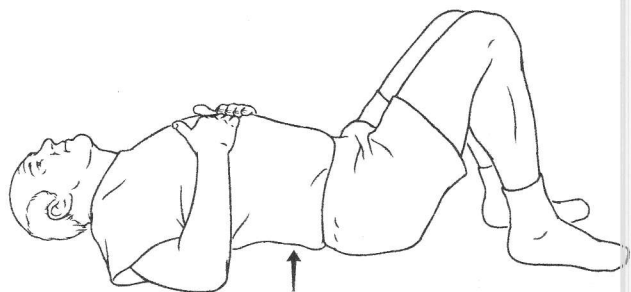
PARKINSON - 5 Lying Leg Bend



Bend and straighten knee and hip. Be sure to lift foot off bed while bending. Repeat with other leg.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 21 Anterior Pelvic Tilt (Supine)



Lie on back with knees bent. Arch back and Hold \_\_\_\_\_ seconds. Flatten back to relax.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 7 Standing Ankle Bends

Using support, gently bend one ankle, bringing toes up. Keep heel on floor and knee straight. Do not lean back.

Repeat with other foot.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



PARKINSON - 8 Grapevine

Using support, cross one foot over other. Then bring back foot up beside front foot.

Repeat, going the other direction.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



PARKINSON - 9 Standing Rock

Using support, with one foot in front of other, rock back and forth shifting weight from foot to foot \_\_\_\_\_ times.

Reverse foot position and repeat.

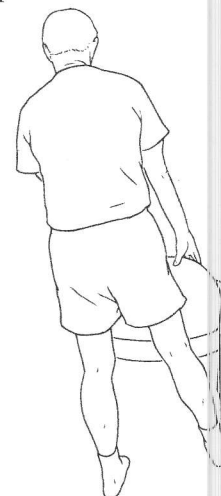
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



PARKINSON - 10 Standing Side Rock

Using support, gently rock from left foot to right foot shifting weight. Try to rock hard enough to lift the opposite foot.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



PARKINSON - 6 Standing Step

Using support, lift knees taking high steps, alternating legs.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



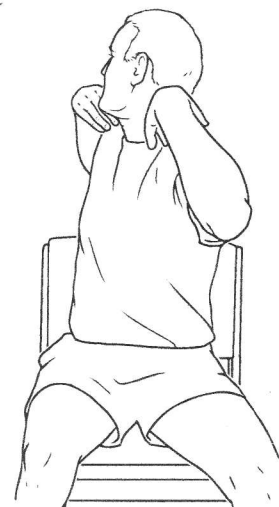
PARKINSON - 11 Trunk Twist

Place hands on shoulders and gently twist head, neck and trunk to one side as far as possible.

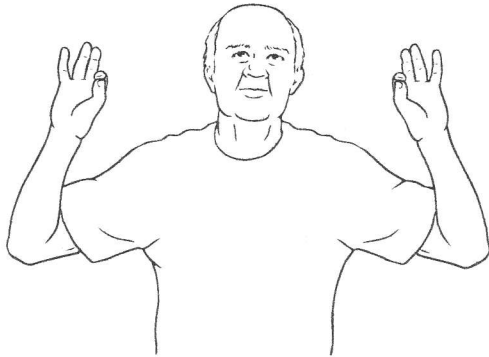
Hold \_\_\_\_\_ seconds while counting out loud.

Repeat to other side.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



PARKINSON - 13 Thumb Finger Circle



Bring each finger to thumb, making a circle. Start with index and thumb, and progress to baby finger and thumb. Reverse and repeat from baby finger back to index finger.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 14 Head Turn

Turn head to one side as far as possible while counting out loud to \_\_\_\_\_. When the farthest point is reached, return to midline.

Repeat to other side.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



PARKINSON - 15 Head Tilt

Bring one ear as close as possible to same shoulder.

Hold \_\_\_\_\_ seconds while counting out loud.

Return to center. Repeat to other side.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



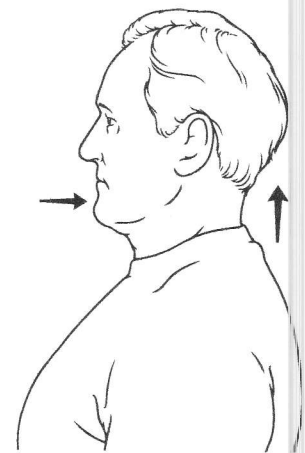
PARKINSON - 2 Axial Extension (Chin Tuck)

Gently pull chin in while lengthening back of neck.

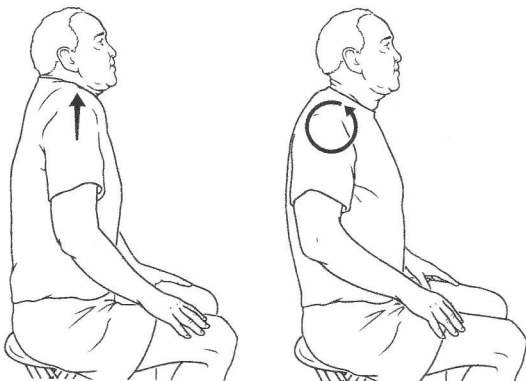
Hold \_\_\_\_\_ seconds while counting out loud.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



PARKINSON - 16 Shoulder Shrug / Circle



Bring shoulders up toward ears and back down. Then circle shoulders backward.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

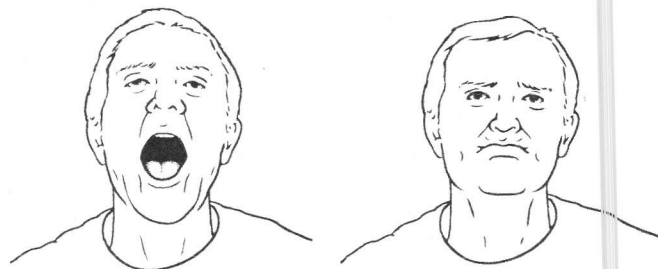
PARKINSON - 17 Face Exercise, Pucker



Pucker then smile.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

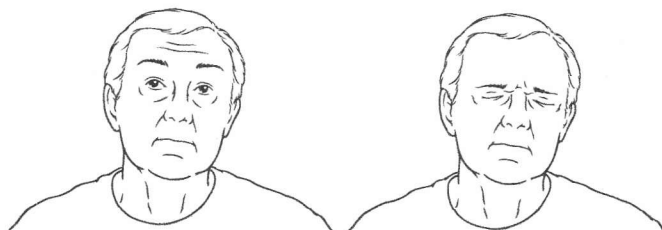
PARKINSON - 18 Face Exercise, Open Mouth



Open mouth as wide as possible, then close lips as tightly as possible.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 19 Face Exercise, Eyes Open and Shut



Raise eyebrows as high as possible, then close eyes as tightly as possible.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 20 Face Exercise, Tongue Out



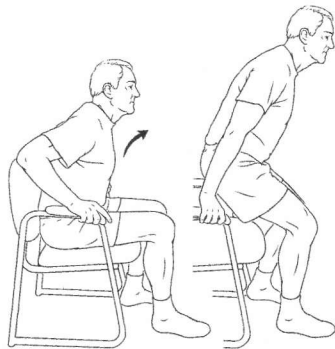
Stick tongue out as far as possible and move it from side to side.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 22 Getting Up / Sitting Down – Chair

Holding chair, scoot to front of seat. Lean forward from hips. Slide one foot under the edge of chair, other foot one-half step forward. Push with arms and stand in one continuous motion.

Reverse process to sit.

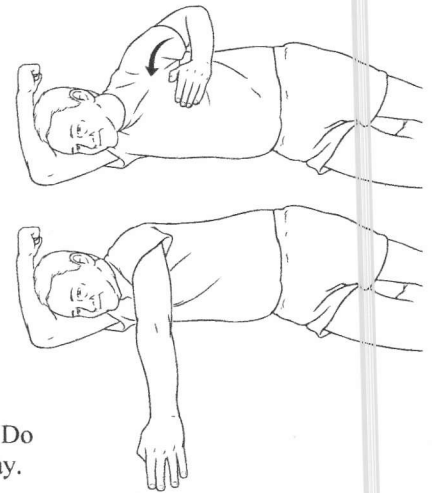


Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

PARKINSON - 24 Trunk Roll

In side-lying, slowly rotate chest and top shoulder forward and backward holding hips still.

Repeat lying on other side.



Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 23 Exercise for stooped posture

Stand, back to wall with head, shoulders, buttocks and heels all touching wall.

Hold position \_\_\_\_\_ seconds, then take two steps away from wall.

Step back to wall and correct position if needed.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

