

Parkinson's Exercise Recommendations

Parkinson's is a condition of the nervous system marked by slow movement, balance problems, stiffness, and tremor. Changes in cognition and mood may also be experienced.

Exercise can improve many motor and non-motor Parkinson's symptoms.



Aerobic Activity

3 days/week for at least 30 mins per session of moderate to vigorous activity.

TYPE: Continuous, rhythmic activities such as brisk walking, running, cycling, swimming, dancing, or interval training.

CONSIDERATIONS: Safety concerns due to risks of freezing of gait, low blood pressure, or blunted heart rate response. Supervision may be required.



Strength Training

2-3 non-consecutive days/week for at least 30 mins per session.

TYPE: Major muscle groups of upper/lower extremities and core using weight machines, resistance bands, handheld weights, or body weight for 2-3 sets of 8-10 reps to fatigue.

CONSIDERATIONS: Focus on good posture. Muscle stiffness may hinder full range of motion. Use caution when using weights and bands.



Stretching

2-3 days/week with daily most effective.

TYPE: Active range of motion before exercise or sustained stretching with deep breathing after exercise.

CONSIDERATIONS: May require adaptations for stiffness, flexed posture, osteoporosis, and pain.



Balance, Agility & Multitasking (BAM)

2-3 days/week with daily integration if possible.

TYPE: Multidirectional stepping, weight shifting, turning, large movements, multitasking, such as yoga, tai chi, dance, and boxing.

CONSIDERATIONS: Safety concerns due to cognitive, balance, and body awareness changes. Hold onto something stable as needed.



Safety First. Exercise during "on" periods, when taking medication. If not safe to exercise on your own, have someone with you.



See a **Physical Therapist** specializing in Parkinson's for full functional evaluation and recommendations.



Participate in **150 minutes** of moderate-to-vigorous exercise per week. Consider activities that combine various types of exercise. Utilize your community to keep motivated.



It's important to **progress** your exercise routine over time. As physical and cognitive function changes, **modifications** may be needed.