



Living with Parkinson's Disease (PD)

Parkinson's Disease (PD) is a chronic and degenerative movement disorder that progresses over time. Symptoms and disease progression differ from person to person.

People with PD may present with the following symptoms:

- Slowness of movement (Bradykinesia)
- Dizziness or fainting
- Drooling
- Reduced facial expression
- Tremors
- Stiffness
- Gait and balance problems
- Stooped posture
- Small handwriting
- Apathy/depression
- Cognitive changes
- Constipation and nausea
- Sleep disorders
- Monotonous speech, poor pacing
- Decreased breath support
- Swallow difficulty
- Urinary incontinence
- Vision changes

Early intervention and symptom management are crucial in allowing a person with PD to maintain their highest quality of life.

How can rehabilitation services help manage PD?		
Physical Therapy	Occupational Therapy	Speech Therapy
<ul style="list-style-type: none"> • Address postural changes • Identify strategies to reduce dizziness and avoid fainting • Improve endurance • Provide balance training to reduce the risk of falls • Increase strength • Establish safe exercise routines for completion outside of therapy 	<ul style="list-style-type: none"> • Improve hand coordination • Provide environmental modifications and adaptive equipment to increase safety and independence with activities of daily living • Introduce energy conservation techniques to maximize activity tolerance • Establish a toileting program • Identify coping strategies 	<ul style="list-style-type: none"> • Maintain effective communication skills throughout the disease progression • Provide external cues for speech volume and intelligibility • Introduce adaptive communication devices, as needed • Improve swallowing issues • Address cognitive changes

Tips for self-management of PD:

- Include safe exercise in daily routine to preserve overall health and wellness.
- Maintain a healthy diet that incorporates all food groups and keep hydrated.
- Use communication strategies to support changes to speech (review Living with PD - Communication Tips and Strategies).
- Seek out support to maintain emotional wellness. Explore PD support groups.
- Take medications exactly as directed. Consider use of a medication journal to keep track of instructions, details, and any changes.
- Monitor symptoms and reach out to the interdisciplinary team with questions and concerns.

Visit the Parkinson's Foundation website at www.parkinson.org to learn more about living with Parkinson's.

Contact clinicalteam@reliant-rehab.com for more information.