



Your Guide To Flexibility Exercises For Parkinson's Disease

How does EXERCISE help?

Exercise is able to slow down the disease progression and complement your medication therapy to enhance motor function.

Moving, stretching and exercising will help to prevent the following:

1. Loss of flexibility in trunk and limbs
2. Weakness in the muscles that hold you upright
3. Feeling tired easily

Overall, exercise helps to maintain or improve quality of life.

This brochure contains suggested exercises that you can do daily.

**However, please refer to your physiotherapist for more specific instructions on the exercises.*

EXERCISE PROGRAM

It is important to start stretching and flexibility exercises early to slow down the progression of your condition.

Your physiotherapist will prescribe the necessary exercises depending on the stage of your disease.

**MAKE IT A KEY COMPONENT
OF YOUR LIFE!**

EXERCISE PROGRAM

Recommended dosage for all exercises:

10 repetitions each,
3 times a day,
3-5 times per week.

**Do only those ticked. If you have any questions regarding the information provided, please request to speak to your physiotherapist.*

(A) NECK



1. Head Movement

Position : Sit on the chair with back support.

Technique : Turn your head from side to side looking over each shoulder. Repeat for the other side.



2. Head Tilt

Position : Sit on the chair with back support.

Technique : Pull your head down towards the shoulder. Hold for 10 seconds. Repeat for the other side.

(B) SHOULDER AND HAND**3a. Chest Stretch**

Position : Sit on the chair with back support. Shift yourself forward to allow space for arm moving backward.

Technique : Position your arms behind with hands clasped together and move it away from your body. Hold for 10 seconds.

**3b. Chest Stretch**

Position : Lie on your back with your arms by the side

Technique : Gently lower the elbows touching the bed surface. Hold for 10 seconds.

**4. Wrist Stretch**

Position : Sit on the chair with back support.

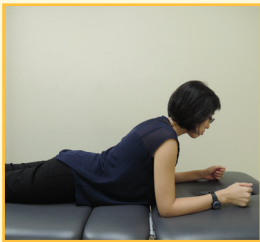
Technique : Hold your hands in front of your chest and pull all fingers up toward you. Hold for 10 seconds. Repeat with the other hand.

(C) TRUNK AND HIP

5. Trunk Stretch

Position : Lie flat on your back (towel rolled underneath) with arms by your side.

Technique : Bring both arms over the head without arching your back. Hold for 10 seconds, then relax.

6. Trunk Extension

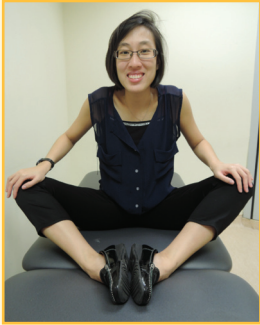
Position : Lie on your stomach with arms in line with your head and shoulder width apart.

Technique : Push up onto elbow, look straight. Hold for 10 seconds.

7. Hip Roll

Position : Lie on your back with both knees bent and feet flat.

Technique : Move your knees to one side as far as possible without moving your hips or shoulders. Hold for 10 seconds. Repeat for the other side.



8. Inner Thigh Stretch

Position : Seated with your back straight, both knees bent and soles of the feet placed together.

Technique : Push the knees downward. Hold for 10 seconds.



9. Trunk Rotation

Position : Sit on the chair with back support.

Technique : Turn your body to one side. Hold for 10 seconds. Repeat for the other side.

(D) KNEE



10. Hamstring Stretch

Position : Seated near the edge of a chair with one leg straightened.

Technique : Bend your trunk slightly forward, towards the toes. Feel a stretch at the back of your thigh. Hold for 10 seconds. Repeat for the other leg.

(E) CALF**11. Calf Stretch**

Position : Stand with one leg forward and with knee bend toward the wall. Keep the back leg straight with toes pointing forward and heel on the ground.

Technique : Gently bend front knee forward. Feel a stretch in the calf. Hold for 10 seconds. Repeat for the other leg.

**GOOD POSTURE**

Good posture helps to maintain the body in alignment and provide balance in movements. Practicing good posture helps to reduce fatigue and musculoskeletal pain as well.

Technique : Stand with your back against the wall. Place your shoulders and heels as close to the wall. Tuck your chin and stomach in. Look straight. Hold for 1 minute.

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