

This flexibility exercise chart has been developed by the Parkinson's Ireland.

We would like to thank Gráinne McKeown from Dublin Physiotherapy Clinic for her help in developing the exercises and David Magennis and Helen Stapleton for demonstrating each of the exercises.

These exercises are frequently used as part of a treatment programme for Parkinson's disease. Always consult your Chartered Physiotherapist prior to commencing any new exercise programme.



1 Neck Side Bend
START POSITION Sit up tall, look forward.
EXERCISE Place left hand on top of head, lightly pull head to the left, with hand towards left shoulder. Hold for 30 seconds. Alternate sides.
REPEAT x 3



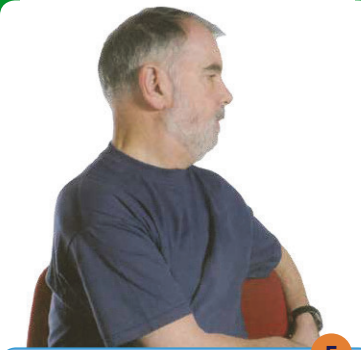
2 Head Rotation
START POSITION Sitting upright.
EXERCISE Turn head to left. Place right hand on right cheek and lightly press to increase the turn. Hold for 20 seconds. Alternate sides.
REPEAT x 3



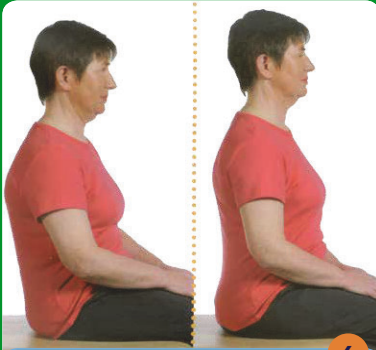
3 Spinal Rotation
START POSITION Lie on your back, knees bent, feet flat, arms spread open.
EXERCISE Rotate knees to the left. Hold for 30 seconds. Alternate sides.
REPEAT x 3



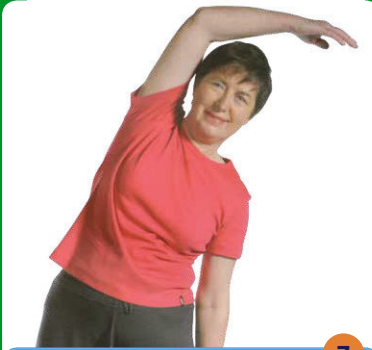
4 Back Extension
START POSITION Lie on your stomach, hands on the surface at shoulder level or in front.
EXERCISE Push-up onto elbows and keep hips on surface. Hold for 30 seconds.
REPEAT x 3



5 Trunk Rotation
START POSITION Sit tall on a hard chair.
EXERCISE Twist upper torso to the left and with the left arm take hold of the arm or back of chair. With the right arm, pull and twist a little further to the left. Hold for 30 seconds. Alternate sides.
REPEAT x 3



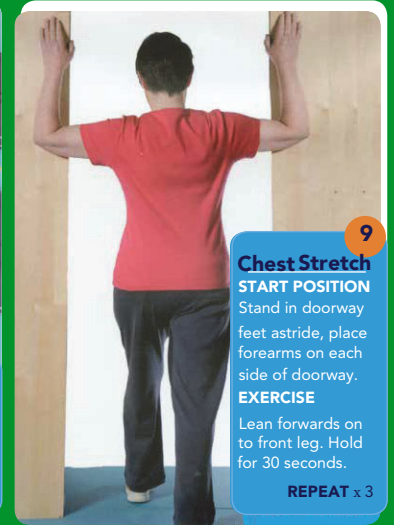
6 Trunk Mobilisation
START POSITION Hands by side or on lap.
EXERCISE Slump down, then sit up tall. Start the movement from the lower back as you move up and down. As you sit up your body moves slightly forward.
REPEAT x 10



7 Trunk Side Bend
START POSITION Stand with feet wide apart and stable.
EXERCISE Slide left hand down left leg. Place right hand over the head to increase stretch. Hold for 30 seconds. Alternate sides.
REPEAT x 3



8 Arm Lifts
START POSITION Lie flat on back.
EXERCISE Stretch the arms overhead. Avoid arching lower back. Hold for 30 seconds.
REPEAT x 3



9 Chest Stretch
START POSITION Stand in doorway feet astride, place forearms on each side of doorway.
EXERCISE Lean forwards on to front leg. Hold for 30 seconds.
REPEAT x 3



10 Forearm / Shoulder Stretch
START POSITION Stand with feet wide apart.
EXERCISE Stretch arms behind back and clasp hands. Push arms back a little further. Hold for 30 seconds.
REPEAT x 3



11 Wrist / Hand Stretch
START POSITION Hands in front of chest with fingers upright.
EXERCISE Slide hands downwards keeping palms together. Hold for 30 seconds.
REPEAT x 3



12 Upright Posture
START POSITION Stand with back against wall.
EXERCISE Place heels as close to wall as possible, stomach in, draw shoulders back towards wall, tuck in chin, look ahead. Hold this position for 2 minutes.
REPEAT x 5 daily



13 Hamstring Stretch
START POSITION Sit upright in chair, right leg straight, left knee bent with foot on floor.
EXERCISE Lean forward. Slide hands down right leg. Hold for 30 seconds. Alternate legs.
REPEAT x 3



14 Calf Stretch
START POSITION Stand with hands on a wall or work surface. Place one leg behind the other, with feet facing forward, front knee bent and back knee straight.
EXERCISE Lean forwards on to the front leg, keeping the heel of the back leg on the floor. Hold for 30 seconds. Alternate legs.
REPEAT 3 times.

THE MANAGEMENT OF PARKINSON'S DISEASE

Multidisciplinary Approach

Physiotherapy

Gait
Balance (transfer, reach/stretch)
Bed Mobility
Exercise/Sports
Posture

Nurse Specialist

Education / Training of patients, carers and healthcare professionals
Assessment of activities of daily living (ADL's)
Support / Advice
Monitoring - Medication, Symptoms, & QoL issues

Speech Therapy

Voice therapy (Lee Silverman technique)
Swallow assessment
Communication assessment

Dietician

Diet/ Nutritional advice
Weight monitoring

Occupational Therapy

Assessment of:
ADL's/ Cognition/
Functional ability

Complimentary Therapies

Anxiety
Stress Management
Relaxation
Well being



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Management of:

Anxiety
Depression
Apathy
Psychiatric symptoms

Social Worker

Social support / advice
Patient entitlements
Psycho / Social assessment
Counselling / emotional support

Patient/ Family Supports

Information Support Advice

Parkinson's Ireland
www.parkinsons.ie
Parkinson's Europe
www.parkinsonseurope.org
Family Carers Ireland
www.familycarers.ie

Community Services

GP - General Practitioner
Public Health Nurse
Respite services
Home help services