

Physical Management:

➤ **LSVT BIG: Therapy**

- Intensive therapy-based programme
- Certified Physiotherapists or Occupational Therapists
- 4 weeks: 4 x 1-hour sessions/ week = 16 sessions
- Therapy is 1:1
- www.lsvtglobal.com
- Have a directory to find a Therapist in your area

➤ **PWR!: Exercise & 1:1 Virtual Therapy**

- Parkinson Wellness Recovery: Dr. Becky Farley
- PWR! Therapist or PWR! Instructor
- Series of exercises based on research
- www.pwr4life.org
- Have a directory to find a Therapist or Trainer in your area
- Offer online classes and individual 1:1, also online

➤ **PD Warrior: Exercise**

- Core exercises based on research
- 10-week programme also offered
- www.pdwarrior.com
- Offer online classes

➤ **Daily Dose PD: Exercise**

- Subscribe to Daily Dose PD workouts for Parkinson's Disease. Custom workouts specifically designed for people with PD using research-backed methods proven to slow the progression of the disease. Gain access to all of our past workouts and join in new workouts posted weekly as well as our livestream events.
- Try Daily Dose PD free for 30 days and see if it is the right fit for you!
- \$29 (USD) a month or \$290 a year after 30-day free trial
Contact: <https://www.dailydosepd.com>

Speech and Swallowing:

➤ **LSVT LOUD: Therapy**

- Intensive therapy-based programme
- Certified Speech Language Pathologists
- 4 weeks: 4 x 1-hour sessions/ week = 16 sessions
- Therapy is 1:1
- www.lsvtglobal.com
- Have a directory to find a Therapist in your area

➤ **SPEAK OUT: Therapy**

- **SPEAK OUT!® & The LOUD Crowd®** is a clinically-proven speech therapy approach for individuals with Parkinson's. The program helps patients REGAIN and MAINTAIN their speaking abilities with a combination of education, individual speech therapy, daily home practice, group sessions, and regular re-assessments.
- SPEAK OUT! is based on principles of motor learning and teachings of the late Daniel R. Boone, Ph.D., CCC-SLP. In the 1950s, Boone recognized individuals with Parkinson's could improve their communication by "speaking with intent."
- This online course is a professional "video presentation." We suggest using **Google Chrome or Firefox** when completing this course. You will need a strong internet connection.
- **The training is a self-paced 10-hour course that must be completed within 30 days.**
- This course provides instruction on conducting a simple speech evaluation, stimulability testing, SPEAK OUT! (individual therapy), The LOUD Crowd (group therapy), and clinical documentation. Sample therapy sessions and patient testimonials are featured throughout the course.
- A typical SPEAK OUT! therapy session is 40 minutes long. Patients usually reach their goals in 8-12 sessions. Patients then transition to the maintenance phase of the program consisting of daily home practice, speech and singing groups, and SPEAK OUT! "Refreshers."
- Contact the Parkinson Voice Project for details: <https://www.parkinsonvoiceproject.org/>

Speech and Swallowing Continued:

- **VOICE AEROBICS: Therapy & Products**
 - Mary Spremulli MA, CCC-SLP
 - Offers both online programmes and excellent products that support voice use
 - <https://voiceaerobicsdvd.com/VOICE>
- **Get LOUD! Stay LOUD! Online Parkinson's Speech Exercises**
 - Speech-Language Pathologists passionate about supporting those with Parkinson's Disease in maintaining optimal communication & swallow function.
 - Offers:
 - Daily Live Voice Practice: Tune in and follow along to daily speech exercise sessions from the comfort of home.
 - Maintenance Groups: Practice with other members in our maintenance group, held weekly on Zoom.
 - Replay Library (Practice Anytime!): Can't attend a live session? All of our classes are recorded and archived for you to access anytime.
 - <https://getloudstayloud.com/>

Nutrition:

- **Dr. Mischley, ND, PHD, MPH:**
 - **Parkinson's School:** Is a resource for patients, their family members, and the community that serves them. are too Over the past 20 years, Dr. Mischley has treated over 4000 patients with Parkinsonism and these courses represent the most frequently asked questions. There are 24 pre-recorded classes and corresponding discussions. You may watch the classes at your own pace and in any order. You will continue to have unlimited access to the videos and may watch them as often as you'd like.
 - Contact: <https://www.parkinson-school.com/>
 - Patients with Parkinson disease can be seen in person or over the phone/ Skype.
 - Contact: info@seattleintegrativemedicine.com

Therapy/Exercise Guidelines:

- **Yale School of Medicine:** New Study - High-intensity Exercise Can Reverse Neurodegeneration in Parkinson's Disease
 - Link: <https://medicine.yale.edu/news-article/high-intensity-exercise-can-reverse-neurodegeneration-in-parkinsons-disease/>
- **Parkinson's Foundation:**
 - **Exercise & Parkinson's**
Link: <https://www.parkinson.org/library/fact-sheets/exercise>
 - **Parkinson's Exercise Recommendations**
Link: <https://www.parkinson.org/library/fact-sheets/exercise-recommendations>
 - **Rehabilitation Care & Parkinson's : Start Early and Assess Often:**
<https://www.parkinson.org/blog/awareness/early-rehab-care>
- **Michael J. Fox Foundation:** New Guide: Exercise, Brain Health and Parkinson's
 - Link: <https://www.michaeljfox.org/news/new-guide-exercise-brain-health-and-parkinsons>

PD-Specific Organizations:

- Parkinson Canada: <https://www.parkinson.ca/>
- Davis Phinney Foundation (USA): <https://davisphinneyfoundation.org/>
- Michael J. Fox Foundation (USA): <https://www.michaeljfox.org/>
- Brian Grant Foundation (USA): <https://briangrant.org/>
- Parkinson's Foundation (USA): <https://www.parkinson.org/>
- Parkinson's Europe: <https://parkinsonseurope.org/>
- Parkinson's UK: <https://www.parkinsons.org.uk/>
- PD Avengers (Worldwide): <https://www.pdavengers.com/>

Exercise with a FOCUS on Parkinson's:

➤ **ROCK STEADY BOXING:**

- Rock Steady Boxing is a health and wellness program designed for people with Parkinson's Disease, a neurological condition that affects balance, strength, walking, and especially confidence. It's based on a foundation of non-contact boxing, and it's very effective for improving all of the symptoms that people with PD typically experience.
- Contact: <https://rocksteadyboxing.org>

➤ **Nordic Walking: Urban Poling**

- **Please Note: Not everyone should use Nordic poles as they can increase fall risk**
- Nordic poles versus Activator poles
- Excellent instructional videos
- Contact: <https://urbanpoling.com/>

Stretching:

➤ **Soft Tissue Work/Massage: Myofascial Release (MFR) Therapists**

- Have a directory to find an MFR Therapist in your area
- Contact: <https://www.myofascialrelease.com>

➤ **Ten Minute Cushion (TMC):**

- To purchase from this company directly: Contact: <https://www.the10minutecushion.com>
- To purchase from Amazon: <https://www.amazon.ca/Lumbar-Support-Back-Stretcher-Posture/dp/B00V1PSZQY>
- When starting TMC use:
 - Use pillow(s) to support head and neck
 - If necessary, use pillow(s) under knees
 - As your posture improves, then decrease pillow support
 - This should be a gentle stretch and not back breaking. If it is, use pillows to support you and to allow a positive connection with this pillow

➤ **Manual: Myofascial Stretching: A Guide to Self-Treatment**

- To purchase from Amazon: Kindle Edition \$9.99, paperback from \$37.00
<https://www.amazon.ca/Myofascial-Stretching-Self-Treatment-Jill-Stedronsky/dp/1688209255>

➤ **Stretching Tools:** Amazon has a variety of tools to assist in stretching





Sleep:

- **Sleep & PD:** 'Sleep Hygiene' is important in managing sleep issues in PD. Please refer to the resources provided by the noted Parkinson's associations for further information on how to manage this symptom.
- **Book: Sink into Sleep – A Step-By-Step Workbook for Reversing Insomnia, Judith R. Davidson, PhD**
An excellent resource to understand sleep issues and how to implement sleep hygiene strategies, to assist in trying to manage this challenging symptom in PD.

Please Note:

- This resource is provided as an educational tool and to provide you with some guidance in your journey with managing Parkinson's Disease.
- This information is current as of September 2024. In Health Care, medical information can change significantly and have a time limit of validity from 3 months to 3 years. At any point, this information might be updated. Please use the links provided to access the most current information.
- This resource is provided by Alison Muir PT