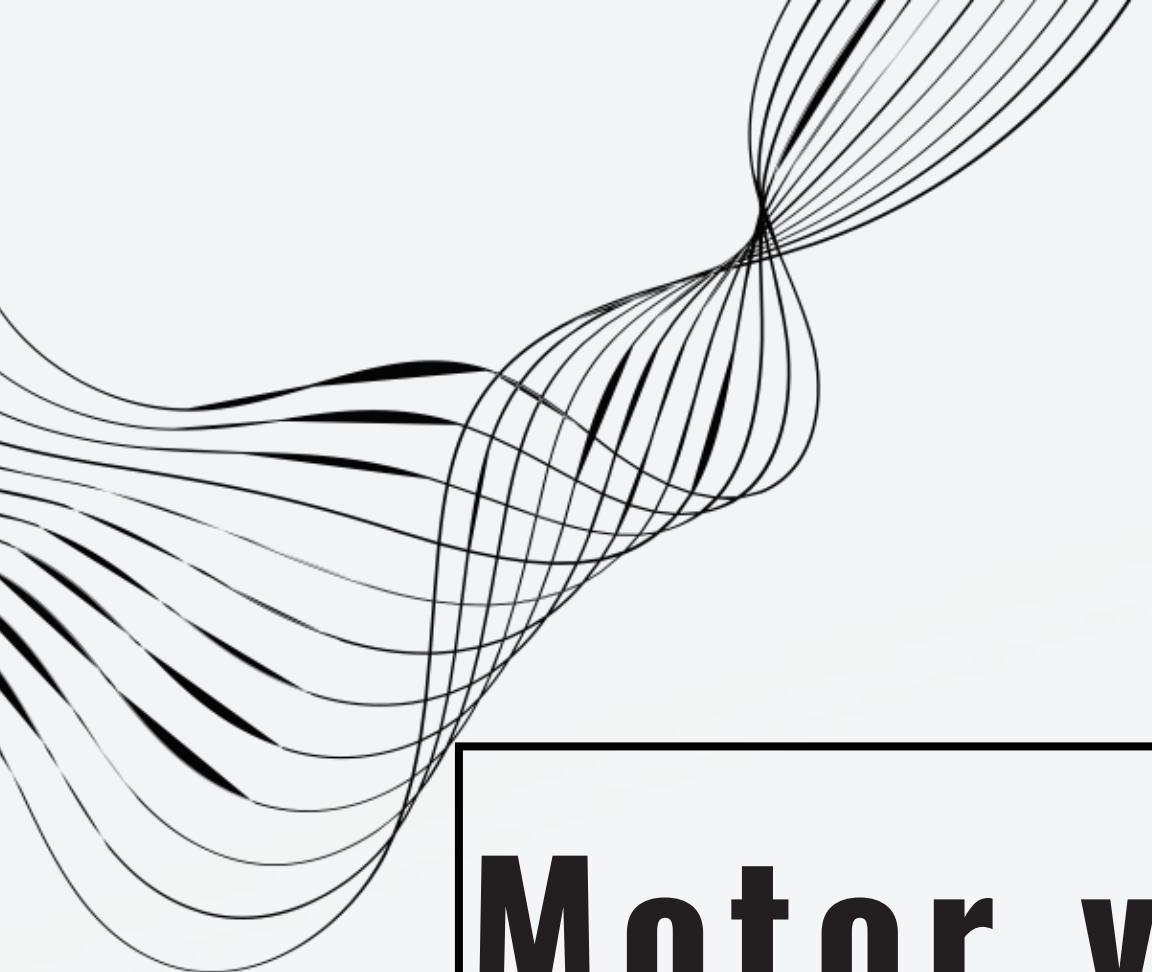
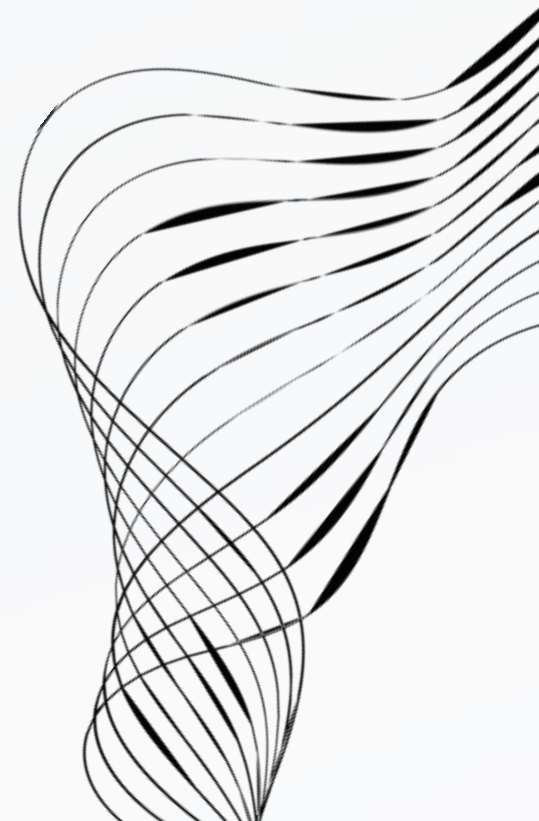




Motor vs Nonmotor Symptoms and Providers

**September 6th, 2025
Colorado Springs Parkinson's Support Group**



OBJECTIVES

01

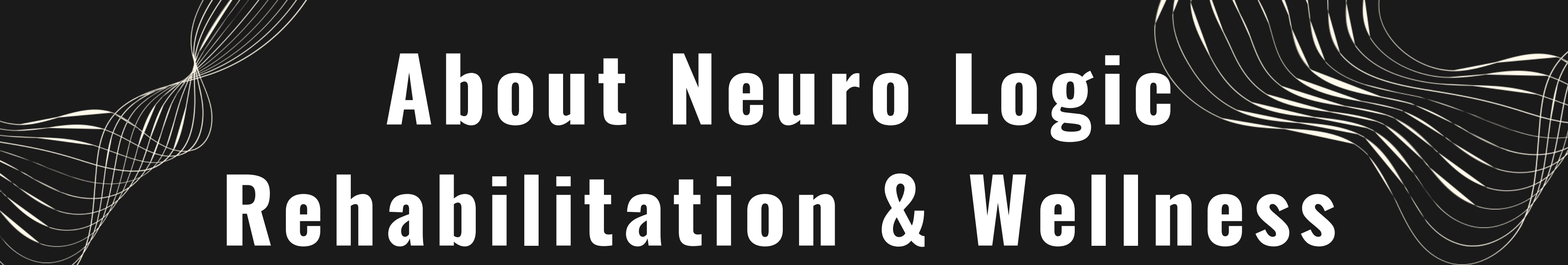
MOTOR AND NONMOTOR SYMPTOMS

02

CARE TEAM

03

PHYSICAL THERAPY & EXERCISE



About Neuro Logic Rehabilitation & Wellness

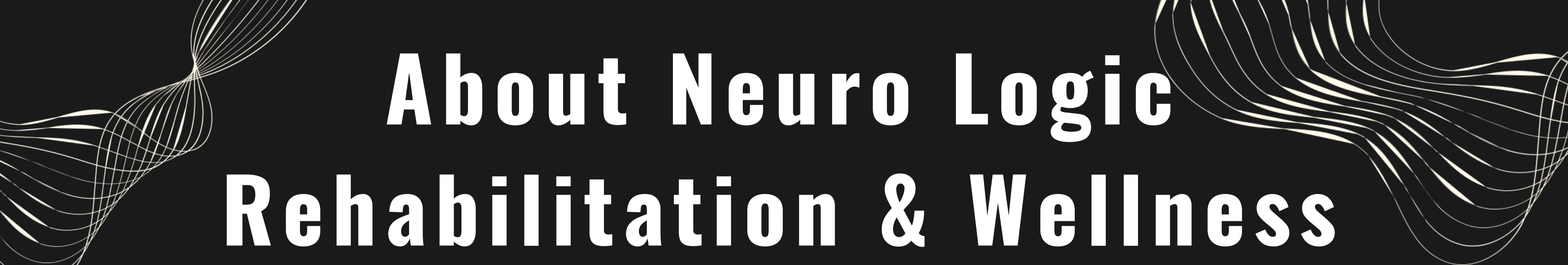
Outpatient mobile practice: Same as going to a clinic but we come to you!

Hybrid insurance and out of pocket model

- To allow individuals access to therapy with reduced insurance limitations

Board Certified Clinical Specialist in Neurologic
Physical Therapy

- Only 2% of all PTs hold this board speciality



About Neuro Logic Rehabilitation & Wellness

LSVT BIG/PWR! (Parkinson's Wellness Recovery)
Moves

Intensives offered (up to 5 days per week of
sessions)

Adaptive Exercise

Dry Needling

MOTOR SYMPTOMS



Rigidity

Bradykinesia

Tremor

Postural Instability



NONMOTOR SYMPTOMS

ANS

- GI dysfunction
- Low blood pressure/High blood pressure
- Sexual dysfunction
- Changes in perspiration
- Bladder changes
- Respiratory dysfunction

Mood/Thinking

- Apathy
- Memory Impairment
- Cognitive Impairment
- Depression or anxiety
- Various psychosis

Other

- Sialorrhea
- Sleepiness/fatigue/REM
- Pain
- Skin changes
- Loss of smell
- Dysarthria or hypophonia
- Dysphagia
- Visual changes

HYPOTENSION

- PD medication can act as a hypotensive medication
- Best to monitor if taking antihypertensives



ORTHOSTATIC HYPOTENSION

- Drop in BP with position changes
- Can be worsened if presenting with hypotension
- Related to ANS function
- Correlated/associated with cognitive impairment





SUPINE HYPERTENSION

- High blood pressure when lying down typically at night/sleeping
- ANS involvement
- Can be correlated to orthostatic hypotension
- ANS dysfunctional can lead to fluctuations in BP throughout day and night

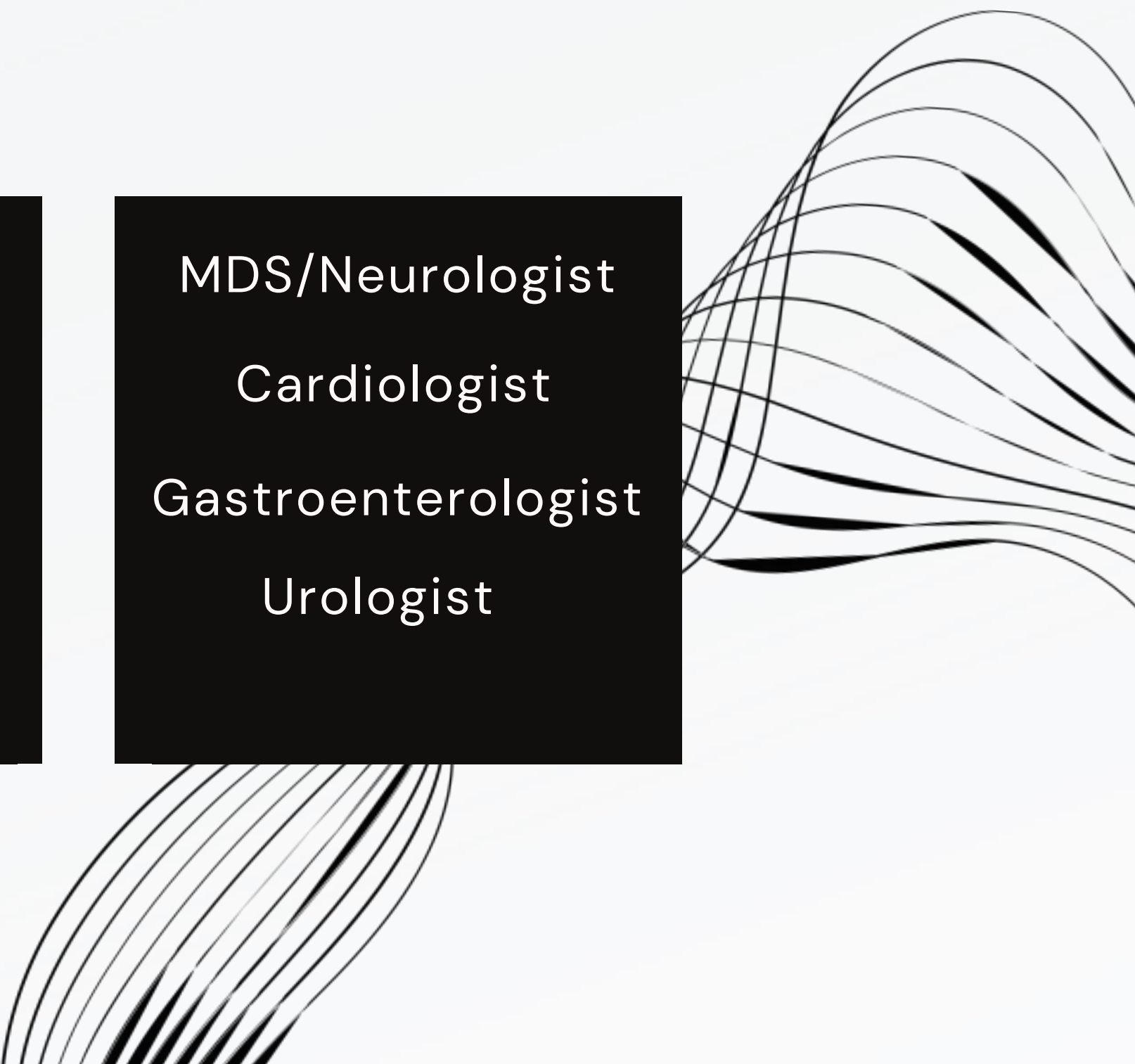


CARE TEAM

Neuro-
Ophthalmologist
Nutritionist or
Dietician
Orthopedist
PCP

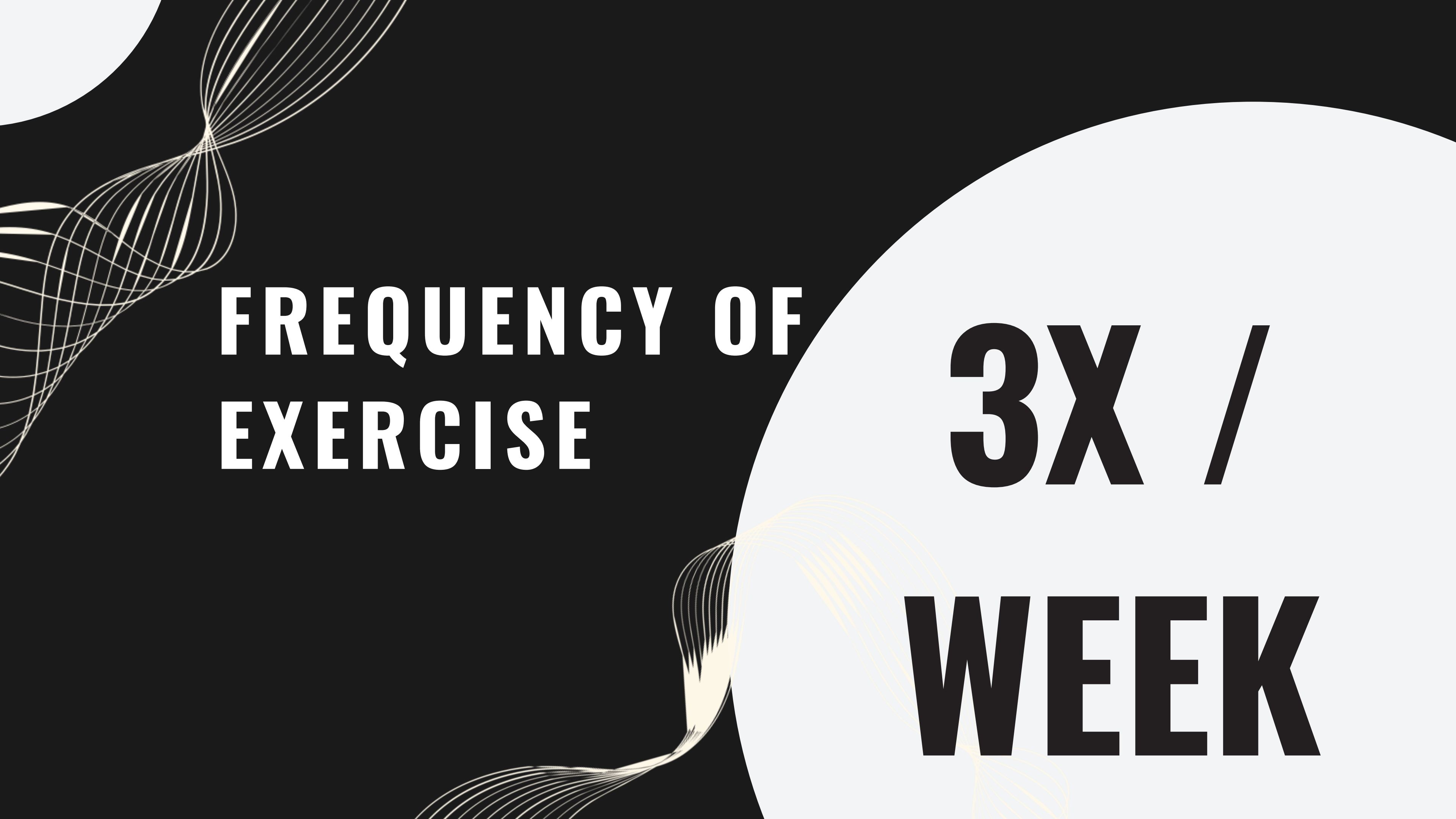
Physical
Therapist
Occupational
Therapist
Speech Therapist
Mental Health
professionals

MDS/Neurologist
Cardiologist
Gastroenterologist
Urologist



PHYSICAL THERAPY & EXERCISE

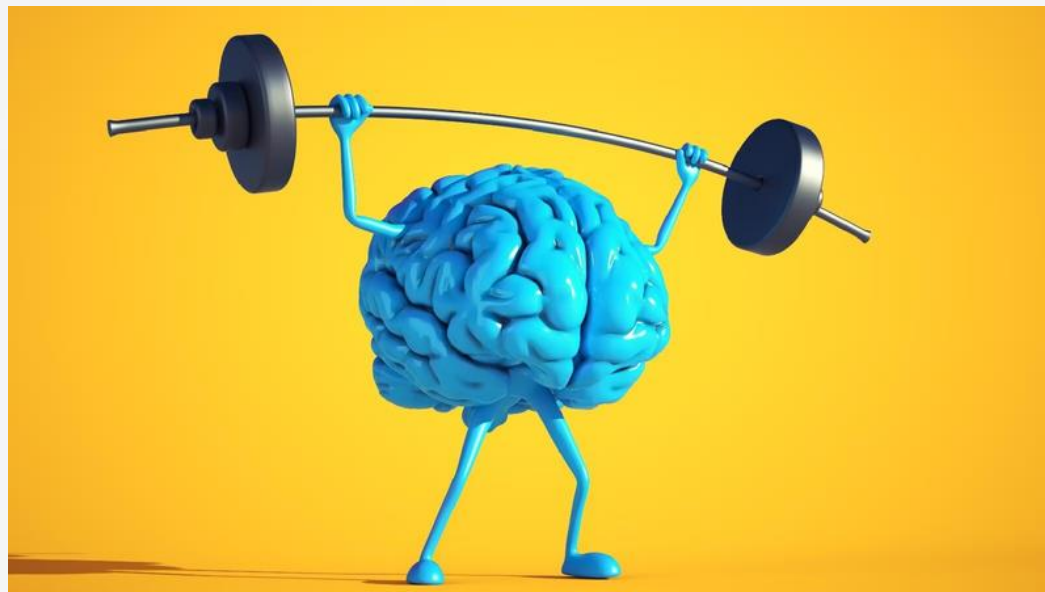
- Goal: 60–80% Heart rate max
- Start with your comfort level
- H/o orthopedic, cardiovascular, or respiratory dysfunction
- Aerobic demonstrated best
- Aerobic benefits:
 - Stimulates dopamine
 - BDNF, GDNF, other factors
 - Neuroplasticity!
- Resistance training, balance training, dual tasking



**FREQUENCY OF
EXERCISE**

**3X /
WEEK**

BENEFITS OF EXERCISE



- Improved cardiovascular function
- Reduced potential of osteoporosis
- Improved cognitive function
- Improved sleep
- Decreased constipation
- Reduced rigidity

- Decreased fatigue
- Improved drug efficacy
- Improved dopaminergic system
- Improved functional
- Reduced UPDRS in motor and non motor categories



QUESTIONS?

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