



First Step Physical Therapy **Parkinson's Program**

Your First Step Toward Better Movement, Balance, and Quality of Life



Parkinson's disease is a progressive neurological disorder that affects movement, causing symptoms such as tremors, stiffness, slowness, and balance problems due to the loss of dopamine-producing brain cells.

Exercise and physical activity have been shown through evidence-based research to improve both motor and non-motor symptoms of Parkinson's disease.

Key Features of First Step



Longer Treatment Sessions

we offer longer treatment sessions – typically 60 to 180 minutes, 2 to 3 times per week



One-on-One Care

every session is delivered one-on-one with a licensed therapist



Cutting Edge Equipment

- Alter-G
- Gait Patterning Machine
- Overhead Harness System
- Power Plate
- Low-Level Laser Therapy
- Recumbent UE/LE Bike

Research-Backed Treatment Strategies

- **Aerobic Training** – 30–40 minutes, 3x/week, moderate to high intensity (60–85% Max HR)
 - ✓ improves cardiovascular fitness, oxygen use, and both motor & non-motor symptoms
- **Balance Training**
 - ✓ improves standing posture, walking, balance confidence, and quality of life
- **Gait Training** – 20–60 minutes, 3–5x/week
 - ✓ helps you walk faster, take longer steps, and move more easily
- **External Cueing (Visual, Auditory, Somatosensory)** – 20–60 minutes, 2–5x/week
 - ✓ reduces freezing during walking and improves step timing and walking speed
- **Amplitude Training** – LSVT BIG, PWR!
 - ✓ encourages bigger movements to improve walking and daily activities
- **Resistance Training** – 30–60 minutes, 2x/week | Strength: 40–60% of 1RM | Power: 20–30% of 1RM
 - ✓ improves strength, power, motor symptoms, non-motor symptoms, and quality of life
- **Task-Specific Training**
 - ✓ enhances real-life function

Take The **FIRST STEP** Today

Whether you've just been diagnosed or have been managing Parkinson's for years, our team is ready to help you move with more control, strength and confidence. Let's create a therapy plan that works for you!

Visit us at firststeppt.com or call to schedule your evaluation



Buffalo 716-288-7427



Fayetteville 770-716-8885



Marietta 770-575-2212



Roswell 678-878-2503