

8th September 2014



➔ Fit to take part

People with Parkinson's disease are one third less physically active than their age matched peers. Having a long-term illness or disability such as Parkinson's Disease shouldn't mean you can't lead a fulfilled life.

According to the United Nations "full participation by persons with disabilities will result in their enhanced sense of belonging and in significant advances in the human, social and economic development of society". Chartered Physiotherapists have a key role in making that happen. They help people be "fit to take part".

Recent research has shown that physiotherapy and exercise, in particular progressive strength training, treadmill training, Tai Chi, cueing techniques, dancing (set dancing and Tango) can all help improve mobility for people with Parkinson's by improving walking speed, aerobic capacity, balance, strength and flexibility.

For more information on specific exercise and treatment to improve walking, balance and flexibility ask your GP or Neurologist to refer you to a Chartered Physiotherapist, the qualified experts in movement and exercise.

www.wcpt.org/wptday

