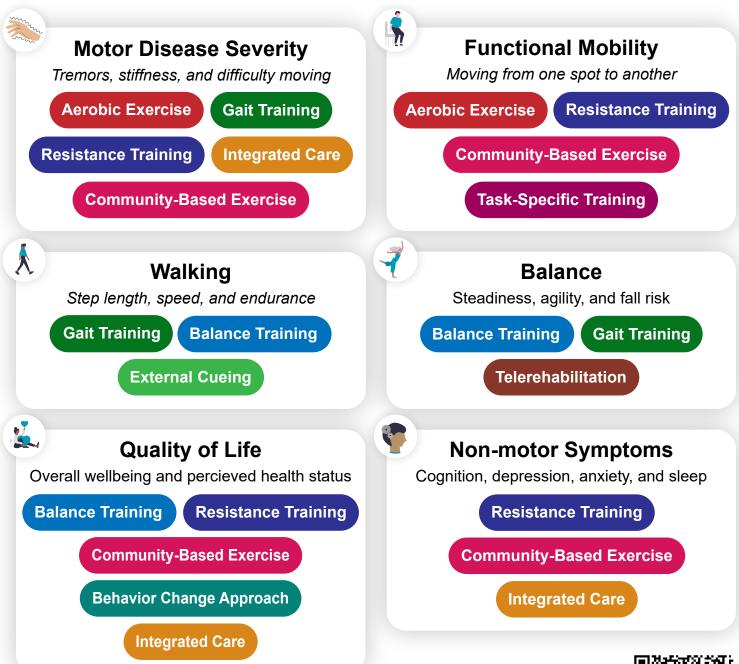
Physical Therapist Management of Parkinson Disease





Here are six common reasons why people with Parkinson's disease seek physical therapy care. Based on the outcome you wish to improve, the colorful "pills" state the type of physical therapy treatments that your physical therapist should use. Like the pills prescribed by your doctor, your physical therapist will prescribe these activities tailored to your needs.



If you or your Physical Therapists would like to know more, you can scan this QR code with your phone's camera to see the full guidelines



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Definitions of types of training

Aerobic Exercise Fast-pace exercise meant to get your heart rate up

Behavior Change Approach Goal setting, coaching, and problem solving to increase exercise

Community-Based Exercise Group sessions that may use multiple types of exercise

External Cueing Using rhythmic cues (auditory, visual) to guide your movement

Integrated Care Multiple professionals work together as a team

Gait Training Repetitive walking practice including basic and more complex stepping activities

Task-Specific Training Practicing the specific action you're hoping to do more easily

Telerehabilitation Sessions with your PT over video-conference software

This summary is based on a Clinical Practice Guideline for physical therapists. Guidelines are a collection of recommendations put together based on research findings and the opinions of experts in the field. Guidelines help clinicians improve how they care for patients. Because each patient's needs are unique, physical therapists use these guidelines as a starting point for creating a personalized treatment program that's right for you.

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