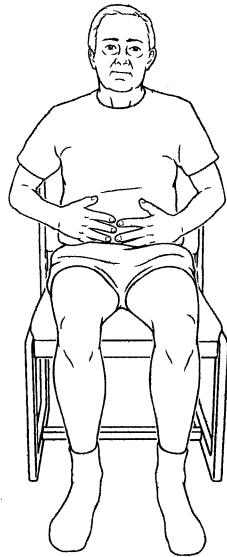


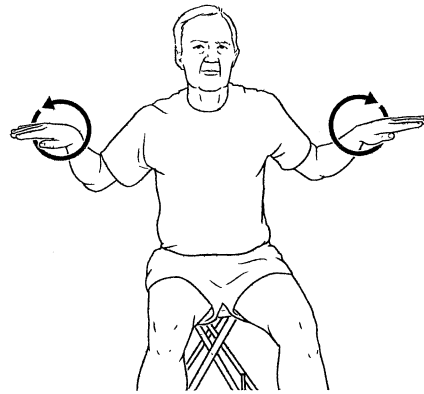
**PARKINSON - 1 Deep Breathing**

Place hands on stomach and take a deep breath, filling diaphragm. Feel hands move out. Exhale fully and feel hands move in.



Repeat deep breaths \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

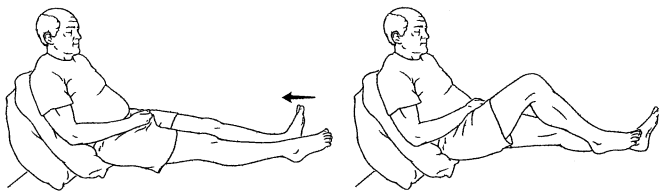
**PARKINSON - 12 Wrist Circle**



With hands, not arms, make slow circles \_\_\_\_\_ times in each direction.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

**PARKINSON - 3 Long Sitting Bend**

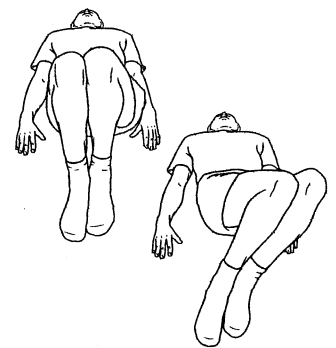


In long sitting position, bend and straighten toes. Then bend ankle, moving foot. Then bend and straighten knee. Do the moves to one leg and then the other.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

**PARKINSON - 4 Knee Rock**

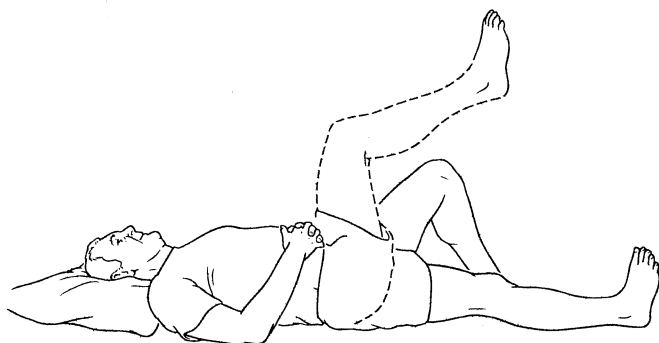
With knees bent and feet flat, roll knees from side to side about \_\_\_\_\_ inches.



Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

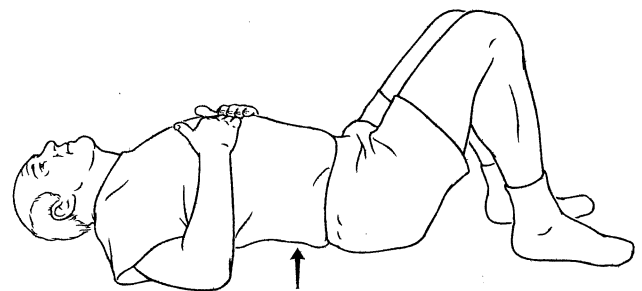
**PARKINSON - 5 Lying Leg Bend**



Bend and straighten knee and hip. Be sure to lift foot off bed while bending. Repeat with other leg.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

**PARKINSON - 21 Anterior Pelvic Tilt (Supine)**



Lie on back with knees bent. Arch back and Hold \_\_\_\_\_ seconds. Flatten back to relax.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

**PARKINSON - 7 Standing Ankle Bends**

Using support, gently bend one ankle, bringing toes up. Keep heel on floor and knee straight. Do not lean back.

Repeat with other foot.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



**PARKINSON - 8 Grapevine**

Using support, cross one foot over other. Then bring back foot up beside front foot.

Repeat, going the other direction,.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

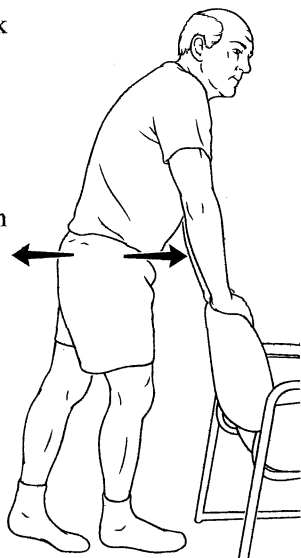


**PARKINSON - 9 Standing Rock**

Using support, with one foot in front of other, rock back and forth shifting weight from foot to foot \_\_\_\_\_ times.

Reverse foot position and repeat.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



**PARKINSON - 10 Standing Side Rock**

Using support, gently rock from left foot to right foot shifting weight. Try to rock hard enough to lift the opposite foot.

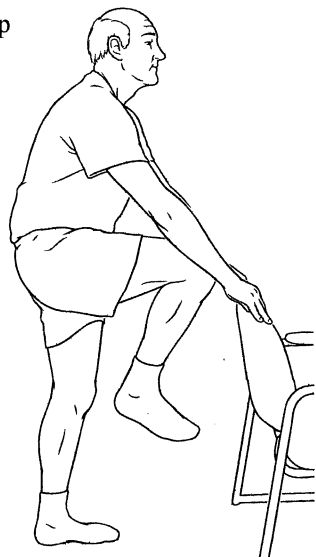
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



**PARKINSON - 6 Standing Step**

Using support, lift knees taking high steps, alternating legs.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



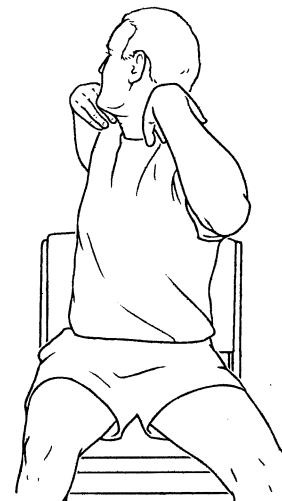
**PARKINSON - 11 Trunk Twist**

Place hands on shoulders and gently twist head, neck and trunk to one side as far as possible.

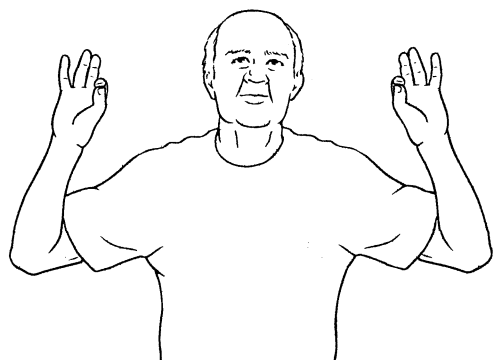
Hold \_\_\_\_\_ seconds while counting out loud.

Repeat to other side.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



PARKINSON - 13 Thumb Finger Circle



Bring each finger to thumb, making a circle. Start with index and thumb, and progress to baby finger and thumb. Reverse and repeat from baby finger back to index finger.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 14 Head Turn

Turn head to one side as far as possible while counting out loud to \_\_\_\_\_. When the farthest point is reached, return to midline.

Repeat to other side.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



PARKINSON - 15 Head Tilt

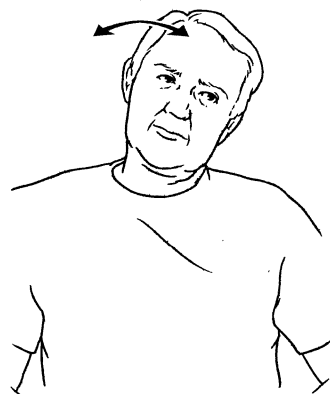
Bring one ear as close as possible to same shoulder.

Hold \_\_\_\_\_ seconds while counting out loud.

Return to center. Repeat to other side.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



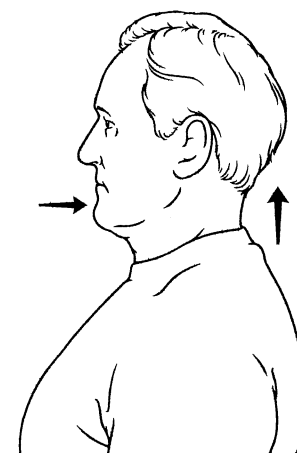
PARKINSON - 2 Axial Extension (Chin Tuck)

Gently pull chin in while lengthening back of neck.

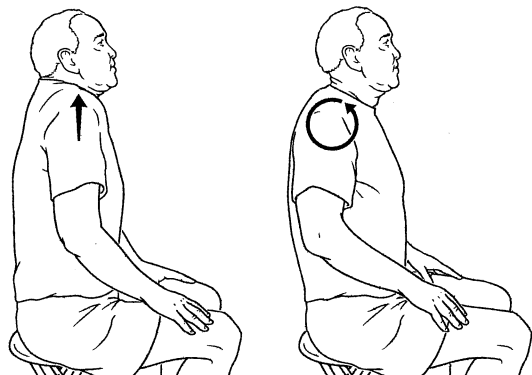
Hold \_\_\_\_\_ seconds while counting out loud.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



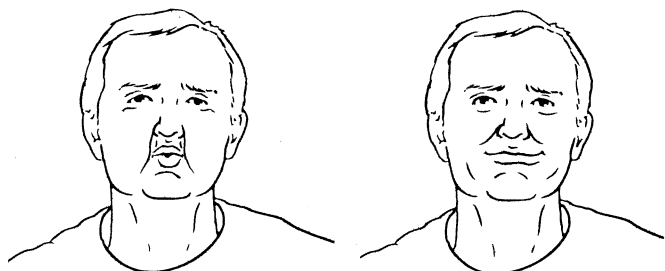
PARKINSON - 16 Shoulder Shrug / Circle



Bring shoulders up toward ears and back down. Then circle shoulders backward.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

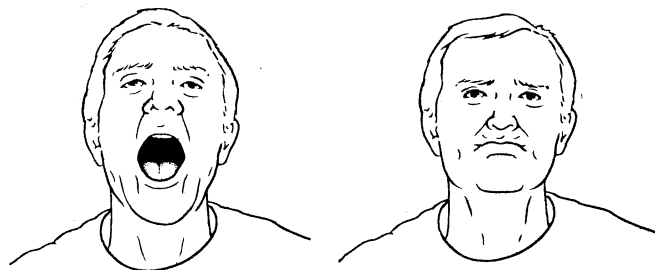
PARKINSON - 17 Face Exercise, Pucker



Pucker then smile.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

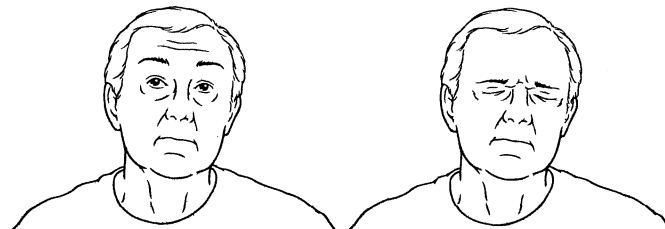
PARKINSON - 18 Face Exercise, Open Mouth



Open mouth as wide as possible, then close lips as tightly as possible.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 19 Face Exercise, Eyes Open and Shut



Raise eyebrows as high as possible, then close eyes as tightly as possible.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 20 Face Exercise, Tongue Out

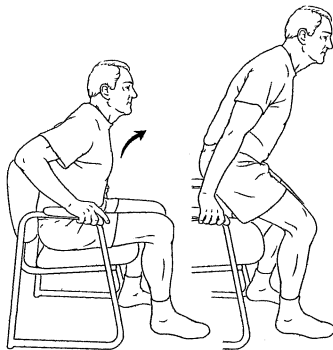


Stick tongue out as far as possible and move it from side to side.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 22 Getting Up / Sitting Down – Chair

Holding chair, scoot to front of seat. Lean forward from hips. Slide one foot under the edge of chair, other foot one-half step forward. Push with arms and stand in one continuous motion.

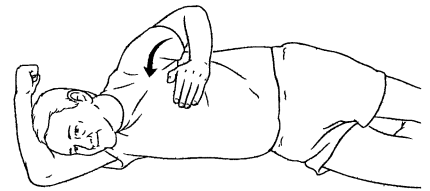


Reverse process to sit.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

PARKINSON - 24 Trunk Roll

In side-lying, slowly rotate chest and top shoulder forward and backward holding hips still.



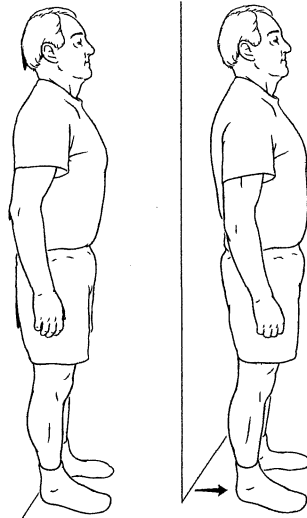
Repeat lying on other side.



Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

PARKINSON - 23 Exercise for stooped posture

Stand, back to wall with head, shoulders, buttocks and heels all touching wall.



Hold position \_\_\_\_\_ seconds, then take two steps away from wall.

Step back to wall and correct position if needed.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.