

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



ACTIVE WITH PARKINSON'S

Exercise booklet

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Introduction

This booklet has been developed by Parkinson's UK Cymru in partnership with the National Exercise Referral Scheme.

It enables participants of the ABMU Active with Parkinson's exercise classes to continue at home. Please make sure you have been assessed as able to follow this programme before starting.

Personal safety

To make sure you complete these exercises as safely as possible, please follow these guidelines:

- Ensure that the chair you use is sturdy and stable.
- Wear comfortable clothes and supportive footwear.
- Make sure you have a suitable place to exercise, giving yourself plenty of room. Have your exercise band and a glass of water ready before you start.
- While exercising, if you experience chest pain, dizziness or severe shortness of breath, stop immediately and contact your GP (or call an ambulance if you feel unwell and your symptoms do not go away when you stop exercising).
- It's normal to feel a slight ache muscles while you are exercising or some soreness the next

day. This shows that the exercises are working. But, if you experience pain in your joints or muscles, stop, check your position and try again. If the pain persists, seek advice from your exercise instructor.

- Breathe normally throughout and enjoy yourself.
- Aim to do these exercises twice per week in addition to your exercise class.

Outline of circuit

Colour code for exercises

All of the exercises below benefit a specific part of the body and are coloured coded to illustrate this.

Exercises in blue mainly benefit the arms, exercises in green mainly benefit the legs and those in pink represent torso (trunk) based exercises.

Warm up

Before you begin the circuit, it is important that you remember to warm up for 5-10 minutes. You could try basic exercises such as marching, foot tapping or arm swings to raise your heart rate.

- Mimic the action to be carried out at each station and incorporate a 5-10 second stretch at the end of each action. For example having done some side bends, hold the stretch to the side for up to 10 seconds each side

THE CIRCUIT

Exercise 1: Side rises

Exercise 2: Heel digs

Exercise 3: Knee drops

Exercise 4: Bicep curls

Exercise 5: Step-ups

Exercise 6: Truck twists

Exercise 7: Shoulder presses

Exercise 8:
Alternating lunges

Exercise 9:
Alternating side bends

Exercise 10: Row with resistance bands

Exercise 11: Sit to stand

Exercise 12: Half Jack or Full Jack

Exercise 1: Side rises



Move your arms from the side of your legs up to shoulder height.

Keep your back straight, tummy muscles tight.

To make the exercise easier: do not use weights or use lighter weights.

To make the exercise harder: use heavier weights or the position at shoulder height.

Exercise 2: Heal digs



Stand near a chair for balance if needed.

Step one foot forward tapping your heel on the floor.

Return foot to starting point and repeat on other side.

Exercise 3: Knee Drops



Start by lying down on your back with your knees bent and your feet on the floor.

Slowly lower both knees to the side, as far as comfortable. Keep shoulder blades flat on the floor.

Slowly return to the starting position and repeat to the other side.

To make the exercise harder: take your feet off the floor.

Exercise 4: Bicep curls



Standing feet hip width apart, keep your back straight and your tummy tensed.

Hands facing the ceiling start with arms straight.

Bend your elbows bringing the hands towards the chest.

Lower your arms back down to starting position.

To make the exercise harder: Use heavier weights, slow speed

Exercise 5: Step-ups



Step up with your strongest leg first, placing your whole foot onto the step.

Bring your other foot onto the step.

Step down again using your strongest leg first.

To make the exercise harder: take a higher step.

Exercise 6: Trunk Twist



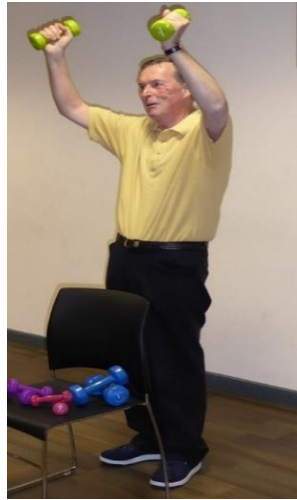
Stand with your feet hip width apart, knees slightly bent with one hand in the other.

Holding a ball, rotate the upper body to the side; keeping the hips facing forward.

Slowly rotate back to centre, and repeat to the other side.

To make the exercise harder: hold a weight.

Exercise 7: Shoulder Press



Stand with your feet hip width apart; knees slightly bent; back straight and tummy muscles tensed.

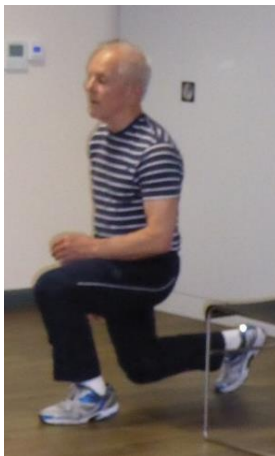
Start with your hands facing away from you and in line with shoulders.

Extend your arms above the head, lowering them back to the starting position.

To make the exercise easier: extend one arm at a time and use lighter weights.

To make the exercise harder: raise both arms at the same time, use heavier weights.

Exercise 8: Alternating Lunge

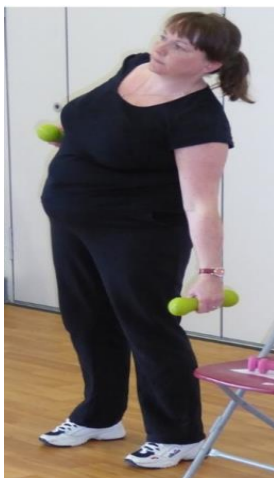


Stand near a chair for balance if needed. Take one foot back onto a tiptoe.

Slowly bend both knees lowering down as if you were to kneel.

Keep back straight, shoulders level. Push back up through the feet and change legs.

Exercise 9: Alternating Side Bend



Stand with feet hip width apart, back straight and looking forwards.

Slowly lean down to the side as far as it is comfortable for you to do, keeping your back upright.

Come back up to the centre and repeat exercise on the other side.

To make the exercise harder: use a weight in each hand.

Exercise 10: Row - Resistance Band



Sit on the last third of the chair and place the resistance band around one foot.

Hold the band's ends, one in each hand. Keep your back straight and chest lifted.

Take the elbows back, squeezing the shoulder blades together and keeping your arms close to your sides throughout.

Alternatively, place the resistance band around both feet whilst sitting straight, pulling up on band squeezing the shoulder blades together.

To make the exercise harder: use higher resistance band strength.

Exercise 11: Sit to Stand



Sit on the last third of the chair with your feet hip width apart.

Keeping your chest lifted, lean slightly forward and push through the legs to stand.

Move your feet back slightly, feeling for the chair. Lower yourself down to a seated position.

To make the exercise harder: slow movement back to seated position. Do not sit back down as before but hover over the seat.

Exercise 12: Half Jack



Stand hip width apart with your back straight and your shoulders down.

Take one foot out to the side, step back together, and repeat on the other side.

To make the exercise harder: rise up the same side arm in conjunction with the leg; take up both arms full jack.

Thankyou

Our thanks go to the Parkinson's Clinical Nurse Specialists in ABMU who contributed to the development of the circuit, to the NERS National Co-ordinator Jeannie Wyatt Williams and her area based staff in ABMU, and to the ABMUHB 'Changing for the Better' funding panel who have made these classes and booklet a reality.



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