



Exercise Is Your Medicine!

Do it EVERYDAY

Physical Therapists Are Your Movement and Exercise Experts!



Top 10 Reasons Everyone With PD Should Exercise

10. Exercise helps your muscles and joints loosen up so you can move better
9. Exercise helps your brain use dopamine better - either the dopamine you are naturally producing or the dopamine in your medication - so you need less meds
8. Exercise has been shown to decrease tremor
7. Exercise improves your balance, which prevents falls
6. Exercise helps prevent depression
5. Exercise helps you sleep better
4. Exercise improves digestion, which helps prevent constipation
3. Exercise gives you more energy to last through the day doing things you enjoy
2. Exercise improves your thinking and memory
1. Exercise may help delay the progression of PD through neuroplasticity!



**It's never too
late to start
moving!!**



What Type of Exercise Is Best?

Studies have shown that certain exercises may be most beneficial to persons with Parkinson's. Exercise that is intense, involves sequences, coordination, and focus is the best! Dancing, Tai chi, yoga, cycling, and pole walking are all great options! Can't do these on your own? Join a group class to stay motivated!

Does The Intensity of the Exercise Matter?

YES! Studies indicate that VIGOROUS exercise is best for persons with Parkinson's and may actually delay the progression of PD! BUT any movement is better than no movement - so get started today! Find some way to be active EVERY DAY to feel your best.



Is Physical Therapy Covered by Insurance?

YES! Medicare and most private insurance plans cover physical therapy visits! Find a PT who is trained to work with persons with PD so your specific movement problems can be best addressed. All you need is a doctor's prescription to start. You can also pay for additional training at a cash rate or join a group class to save some money!

Why Not Go To Any PT?

Like any profession, PTs have specialty areas. For the best results and best experience, find a Neurologic Specialist (NCS) PT. Certified Neurologic PTs have additional training in neurologic conditions like PD. You can find one at www.apta.org. Additional places to look are: www.pwr4life.org for a PWR! Expert PT or www.lsvtglobal.com for a PT trained in LSVT BIG Therapy. [re+active] has all of these!

Check out
www.re-activept.com
for the latest evidence-based PD treatments and group exercise classes!

[re+active] physical
therapy and wellness
Board Certified Neurologic
Clinical Specialists