



The Balance and Wellness Center



Sports
Physical Therapy & Rehab Specialists

Restoring Human Performance

Parkinson's Disease Information

Tips to deal with freezing – ideas to try:

- Do not try to take any more steps
- Pull pants leg gently forward
- Weight shift side to side
- Trunk rotation
- Step backward then forward
- Step over something (a piece of paper tossed on the floor, a foot, a laser light beam)
- Use voice and rhythm (have someone clap to a beat, use a metronome, use music)
- Place your heels on the floor and straighten your hips, knees and trunk
- March in place
- Walk forward and place your heels down first
- Keep your feet apart; reposition if needed

Difficulty getting out of bed:

- Bend knees so feet are flat on the bed
- Clasp hands and raise arms to the ceiling
- Move legs and arms side to side
- Use momentum to sit up

Difficulty getting out of a chair:

- Shift weight side to side to scoot forward on chair
- Bend forward at the trunk going further each time
- Use momentum to get out of the chair

For more information:

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