

Rehabilitation Services Department

Physical, Occupational, Certified Hand, and Speech and Language Therapy

Parkinson's Disease Rehabilitation

Current research demonstrates that rehabilitation can alleviate some symptoms of Parkinson's disease. Our program provides a full complement of therapies helping patients manage symptoms and improve overall function. Our team of occupational, physical, and speech language therapists are trained and certified in top treatment protocols for Parkinson's Disease.

LOCATIONS:

Center for Outpatient Rehabilitation – Hopewell
Two Capital Way, Suite 418
Pennington, NJ 08534

To make an appointment,
call: 609.303.4700

Center for Outpatient Rehabilitation – Trenton
832 Brunswick Ave., Trenton, NJ 08638

To make an appointment,
call: 609.278.5482

Therapy sessions are generally 3–4 times per week for up to six weeks. Personalized home exercises and activities are usually given as homework. Obtain a prescription for therapy from your physician and schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.

References: *Parkinson's Disease Foundation*
www.pdf.org
Parkinson's Action Network
www.parkinsonsaction.org

DO YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS?

- Walking problems (changes in gait patterns)
- Slowness of Movement (bradykinesia)
- Falls, Trips, Slips (loss of balance)
- Tight and Spastic Muscles (muscle rigidity)
- Problems with coordination
- Coughing, choking with swallowing (dysphagia)
- Difficulty with clear speech (dysarthria)
- Difficulty eating, weight loss (dysphagia)
- Reduced voice loudness (dysphonia)
- Pain
- Increased confusion/slow thought processing (cognitive changes)
- Handwriting getting smaller (micrographia)
- Shaking (tremors)
- Problems with everyday activities (thinking, handwriting, dressing, bathing, etc.)

THERAPY MAY HELP YOU TO:

- Improve walking and balance
- Increase speed and motion
- Improve coordination
- Increase flexibility
- Increase the ability to be understood when speaking
- Improve swallow function and safety
- Enhance cognition
- Decrease pain
- Improve size and legibility of handwriting
- Increase strength
- Improve performance in everyday living

WE WILL DESIGN A THERAPY PROGRAM ESPECIALLY FOR YOU. THERAPY MAY INCLUDE:

- Large coordinated movements with arms, legs and body, with careful therapist supervision
- Programs such as LVST BIG, LSVT LOUD and PWR! (Parkinson's Wellness Recovery)
- Enhancing awareness, improving ability to self correct body positions
- Enhancing ability to spontaneously react to challenges provided by the environment
- Learning new walking techniques
- Dynamic balance training
- Speech therapy
- Swallowing therapy
- Cognitive – language therapy
- Training in everyday and leisure activities

