

Do you or someone you know have Parkinson's Disease?

Did you know that Physical Therapy of Concordia has a Parkinson's specific program available for all those diagnosed with Parkinson's Disease called LSVT BIG?

Jennifer McCaslin, PT and Jaala Schlesselman, PTA became certified in LSVT BIG in 2018 and are here to serve you or your loved one with all your Parkinson's needs. Since 2018, we have seen around 13 local residents to assist them with slowing the progression of Parkinson's Disease.

What is Parkinson's Disease?

- Parkinson's Disease (PD) is a chronic neurodegenerative disease of part of the brain. It is a PROGRESSIVE disease that has no cure, however, Parkinson's has been known to respond very well to physical therapy and staying active/exercise.
- People living with PD often move differently, with gestures and actions that become smaller and may tend to move slower. Posture is also greatly affected with PD. During one on one sessions, we discuss all things that can be affected by Parkinson's (including depression, speech, tremors etc).
- Exercise and movement **IS** the key to helping decrease and slow progression of Parkinson's Disease symptoms. Exercise changes the brain by having an effect on neuron growth which means that even if neurons are still dying, due to PD, other parts of the brain can repair damaged areas and/or recruit undamaged areas to compensate which allows for more symptom management.

Who is at higher risk for PD?

- Men have a higher risk to be diagnosed with PD. The root cause of most PD is still unknown.
- Typical – 52-62 years old
- Young – 21-40 years old
- Late Onset – 78 years old

What the LSVT BIG Protocol?

- This program requires COMMITMENT from not only the patient but the caregiver(s) and support system to work. LSVT BIG allows YOU to be in control.
- Requires 4 days a week (in a row) for 4 weeks of 1 hour sessions. We like to see a caregiver come to appointments at least once a week to see how the patient is progressing and get tips on how to help the patient.
- The patient performs 7 simple exercises, twice a day, through the course of the program and then once a day EVERYDAY for the rest of your life. Remember, Parkinson's can not be cured but the symptoms can be managed with exercise and many patients notice great improvements with this program, other see a leveling of decline.
- We also incorporate functional, everyday tasks that are important to YOU to regain confidence. You get to choose the tasks we work on!
- Once discharged from your 4 week program, we like to see you back for regular "tune ups", usually every 6-12 months to adjust any exercises and discuss any questions you might have.
- This program is designed to help provide more "good days" and slow the progression of this degenerative disease.

How do I get started?

- Get an order from any doctor (typically from Primary or Neurologist)
- Call to schedule an appointment.

We look forward to working with you!