

Live Stronger, Live Longer: #8 PARKINSON'S DISEASE

BURDEN OF DISEASE:



Parkinson's is the fastest growing neurological condition in the world, with incidence rates increasing by 4% yearly; costing the economy and healthcare systems over \$10 billion each year.



45-68% of people with Parkinsons fall annually. 66% of those who do fall, do so recurrently. This can lead to fractures, fear of falling, and further immobilisation.



Parkinson's Disease leads to abnormal muscle tone, poor/painful posture, poor balance, reduced ambulation, decreased range of motion, and "freezing" phenomenon.

WHO ARE WE?

We are a clinic of Accredited Exercise Physiologists; with experience in musculoskeletal, neurological, metabolic, cancer, mental health conditions and healthy ageing. With over 40+ years of collective experience, we aim to get our clients moving better and feeling better throughout their lifespan.

REFERRALS

We can accept referrals and provide services under the following:

- Medicare TCA/CDM
- Aged Care Services
- Workcover
- NDIS

EARLY INTERVENTION

Studies show that exercising for a minimum of 2.5 hours weekly early in disease results in a slower decline in quality of life than those who start later. Exercise also improves symptoms of depression, anxiety, cognition and fatigue. Establishing early exercise habits are essential to overall disease management, impact quality of life and to slow down the further effects of ageing.

BENEFITS OF EXERCISE

Exercise is proven to improve walking speed, stride length, freezing, static and dynamic balance, cardiovascular fitness, strength, quality of life, motor co-ordination and ability to complete activities of daily living in patients with Parkinson's. Exercise also leads to positive effects on the brain by inducing neuroplasticity; helping the brain to maintain old connections, form new connections and restore lost ones.

WHY SEE AN EP?

EP's are up to date with the latest evidence on using exercise to manage Parkinson's Disease. We consider disease symptoms, and create an individually tailored exercise program to work on goals meaningful to the patient. We are trained in how to use specific cues to promote movement, and create a safe exercise environment - minimising risk of falls, but where we can appropriately challenge our clients.

Clients wishing to access a private health fund do not require a referral, however medical history and clearance provided by a GP gives us vital information.