



## Parkinson's Exercise Treatment Plan

This plan is a sample set of exercises for the client. The nurse will modify this plan to specifically meet the client's needs and match their ability to carry out the exercises.

The goal is to improve his balance and coordination to prevent falls.

Weeks  
1-2

### Stretching & Coordination

#### Week 1: 5 repetitions of Each

- ✓ Deep Breathing
- ✓ Morning stretch
- ✓ Shoulder Rolls
- ✓ Ear to Shoulder (both sides)
- ✓ Look Left, Look Right
- ✓ Rowing Exercises

#### Week 2: 10 repetitions of each

- ✓ Deep Breathing
- ✓ Morning stretch
- ✓ Shoulder Rolls
- ✓ Ear to Shoulder (both sides)
- ✓ Look Left, Look Right
- ✓ Rowing Exercises

Weeks  
3-4

### Mobility

*Repeat exercises from Week 2*

#### Week 3: 5 repetitions of each

- ✓ Toe Stands
- ✓ Side Stepping (both sides)

#### Week 4: 10 repetitions of each

- ✓ Toe Stands
- ✓ Side Stepping (both sides)

Weeks  
5-6

### Climbing

*Repeat exercises from Weeks 2 & 4*

#### Week 5: 5 repetitions of each

- ✓ Box Steps

#### Week 6: 10 repetitions of each

- ✓ Box Steps

Weeks  
7-8

### Arm Strength

*Repeat exercises from Weeks 2, 4, & 6*

#### Week 7: 5 repetitions of each

- ✓ Stretch Front
- ✓ Arm Chair Push

#### Week 8: 10 repetitions of each

- ✓ Stretch Front
- ✓ Arm Chair Push

Weeks  
9-10

### Leg Strength

*Repeat exercises from Weeks 2, 4, 6, & 8*

#### Week 9: 5 repetitions of each

- ✓ Seated Leg Extensions
- ✓ Seated Knee Raises
- ✓ Alternating Knee Raises

#### Week 10: 10 repetitions of each

- ✓ Seated Leg Extensions
- ✓ Seated Knee Raises
- ✓ Alternating Knee Raises

## Tips on Endurance and Client Success

Remember that these exercises are focused on the client's success and based on their endurance levels. If there is any shortness of breath, exhaustion, or pain, then it is best to take a break or stop the exercises and allow time for the client to recover.

Additional rests like short walks, ranging from 5 to 15 minutes, can be a great way to keep the client active without putting increased strain on the exhausted areas.

## Caregiver Assistance with Westchester Family Care

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