



PARKINSON'S DISEASE EXERCISE PRESCRIPTION

By: Colleen Bridges

www.BridgesForParkinsons.com



Welcome!

Presentation by: Colleen Bridges

Owner/Head Coach of Bridges for Parkinson's



Colleen's Experience:

- Coaching of over 800 fighters living with Parkinson's Disease
- M. Ed, NSCA-CPT (2004-Present)
- Author of Bridges For Parkinson's Educational Platform
- Consultant, Presenter/Speaker
- Expert Mentor for Belmont Occupational and Physical Therapy Internship
- Collaborator in Vanderbilt University research project
- Advisory Board Member for Belmont OT program



During This Course, We Will:

- Review Parkinson's Disease exercise prescription and program design
- Dissect an EFFECTIVE routine
- Learn NEW exercises and why we do them
 - What symptoms are being addressed?
 - What benefits for daily living are being addressed?
 - Modifications and tricks for teaching
 - Addressing voice, face and fine motor skills
 - How to progress an exercise



Bridges for Parkinson's Continuing Education Courses:

- ***Parkinson's Disease Fitness Specialist***

- *Discount Code for 30% off: PDFS30*

Available at www.medfitclassroom.org





Questions I'm Frequently Asked:

1. What kind of exercise should I do?
1. How often should I exercise?
1. I walk everyday or play pickleball several times a week so why do I need to add the B4PD comprehensive exercise method to my schedule?



Bridges for Parkinson's Weekly Exercise Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	* Comprehensive Exercise Routine	Cardio	* Comprehensive Exercise Routine	Cardio	* Comprehensive Exercise Routine	Yoga/Tai Chi

*Comprehensive Exercise combines:

- Cardio
- Strength (includes fall prevention)
- Balance, agility, coordination
- Dual-tasking (triple-tasking for some classes)
 - Cognitive/Mental Drills
- Stretching/Flexibility
- Fine motor, vocal/facial drills



Happy to report Nari was able to go up and down, more than 20 times, on the ship where the maritime memorial of our friend, Dr James E Auer (Jim, he was a fighter at Rock Steady, too) was held on 12th, near Kyoto.
Without all these years' of exercise and conditioning, it was not possible ❤️ Thank you!!
We will be back on 23rd.



Success!



Another teary moment!! This is Dr John and he lives in Jackson, TN. He joined our virtual program this past spring and can now stroll the neighborhood with his grandkids!!
Yes!!! Celebrate good times, come on!!



Building a Comprehensive Exercise Program



In order to be effective,
an exercise program must have a
strong *foundation*.



A strong
foundation
includes:

**Comprehensive
Exercise Program:**

Micro-Warmup
Dynamic Warmup
Work Phase
Stretch

Forced-Intense Exercise Model

7 Functional Daily Movements

Forced Intense Exercise (FIE)

Benefits people living with Parkinson's Disease by:

- Protecting brain cells
- Improving motor function
- Slowing disease progression
- Reducing inflammation
- Improving mood and sleep
- Reducing stress and anxiety
- Reducing insulin resistance



“Long-term Effect of Regular Physical Activity and Exercise Habits in Patients with Early Parkinson’s Disease” by Kazuto Tsukita, MD

- Tracked 237 patients over five-year period
- “Higher physical activity levels were strongly associated with better functioning in activities of daily living, cognitive processing speed, posture stability, balance, and gait.” (-Davis Phinney)
- Participants were asked to exercise 3 times/week for six months.
 - After 6 months of exercise, neurons were healthier and produced stronger dopamine signals



Bridges for Parkinson's Weekly Exercise Program

“Comprehensive Exercise” programs mirror the 7 functional movements of daily life



- Push
- Pull
- Carry
- Rotate
- Lunge
- Squat
- Hinge





PROGRESSIVE/REGRESSIVE EXERCISES

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MOVEMENT PATTERN	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	STRENGTH	BOXING
CARRY Gait, Cardio, ROM, Spatial Awareness, Vertical Core, Posture		March / Swing Arms	March / Rainbow Arms	March / Birdog Hold	Stand on One Leg / I's, T's, Y's	Levels 1 - 3 Farmer's Walk with Both Hands Farmer's Walk Single Arm Sit / Stand / Curl and Walk	Right Foot Step / Right Arm Punch (forward lunge)
HINGE Glutes, Back, Hamstrings	Supported Deadlift	Deadlift / Stand / Reach Arms Overhead		Single - Leg Deadlift	Cross - Over Deadlift	Seated Clamshells Seated Back Extension with Tubes Supported Deadlift Deadlift with Light Weights Deadlift with Curl / Press Grounded Deadlift with Weights Single Leg Deadlift Cross-Over Deadlift/Curl	Double High / High / Low Low Punch
PUSH (WITH LATERAL LUNGE) Gait, Shifting Weight, Deceleration, Rotation, Coordination	Wall Plank Isometric / Partner Push (seated/standing)	Push / Pivot with Twist	1/2 Warrior / Push with Both Arms	Cross-Body Single Arm Push / Half Warrior Step		Chest Press with Tubes Supine Chest Press with Bridge	Mitt Push from Side (side to bag) Step Foot onto Pad then Torso Punch and Step Back Down
PULL / SQUAT Posture, Legs, Coordination, Balance	Seated Knee Extension Shoulder Blade Pinch *do separately		Squat / Blade Pinch	Squat / Row	Squat / Row / Single Leg- ABduction	Squat / Row with tube (both arms) Squat / Row with Tube (single arm) Add Bosu / Pad / Half Foam Roller Lunge / Row and etc.	Step Right / Left then 3 Punch Combo
LUNGE (WITH POSTURE DRILL) Legs, Ankles, Deceleration, Posture, Coordination, Focus, Vertical Core	Seated Heel Raises / "T" Arms	Tap One Foot Back / "T" Arms	Reverse Lunge / "T" Arms	Reverse Lunge / "T" / Forward Lunge with SOFT Step		Tap One Foot Behind / "T" Arms with Tubes Reverse Lunge / "T" Arms with Tubes Reverse Lunge / "T" Single Arms	Reverse Lunge to Front Leg Kick Option- add boxing combo
ROTATION Legs, ROM Spatial Awareness, Vertical Core, Coordination, Cognitive	No Squat Circles	Squat / Circles	Haytoss	Haytoss but Alternate Sides		Haytoss with Ball Haytoss with Ball and Bosu / Pad Haytoss with Ball and use Single Leg	Torso Punch with High Jab & High Cross
BALANCE	Seated	Standing on Unstable Surface	Standing	Standing with One Foot on Unstable Surface	Standing with Both Feet on Unstable Surface	Walk a Tandem Line	Walk a Tandem Line with Eyes Looking to the Right / Left

Bridges for Parkinson's Weekly Exercise Program

2-3 days of “ **Comprehensive Exercise**” which includes:

- Based on the *Forced- Intense Exercise* model
- Strength (includes fall prevention)
- Cardio
- Balance & agility
- Dual-tasking (cognitive drills)
- Stretching
- Fine motor
- Vocal drills



Elements of a Comprehensive Exercise Program

The Micro Warm-up: Foundation of the Routine

- Gets their blood flowing
- Allows them to tune into their bodies
- Evaluates their movement and turns their focus to the task at hand
- Starts at the head and goes down to the feet.
- Usually 5-7 minutes long
- Introduces the exercises you will be doing throughout the workout



Elements of a Comprehensive Exercise Program

The Dynamic Warm-up

- Large, dynamic movements
- Encourage active range of motion and flexibility
- “Wake-up Call” for posture, gait, rotation, agility, speed, strength, fall prevention and more
- Increase cardiovascular output
- Prepares them for more vigorous movement and elevates internal temperature
- Starts with simple movements and graduates to larger ROM exercises



Elements of a Comprehensive Exercise Program

The Work Phase

- Cardio/Boxing:
 - Works on Gait, flexibility, power, speed of motion, memory, mental focus, agility, hand-eye coordination
- Strength
 - Addresses compound movements (upper and lower body together)
 - Incorporates 7 daily functional movements (push, pull, carry, rotate, lunge, squat, hinge)
 - Challenges balance, agility, planes of motion, cognition and proprioception



Elements of a Comprehensive Exercise Program

Stretch

Proper Technique:

- Include static flexibility & breathing techniques
- Beware of spinal flexion for those with osteoporosis and other spinal issues
- Emphasize posture





Class: _____

Date: _____

Pre-Class Warm Up:

- ☐ Breathing _____
- ☐ Gait, Fall Prevention, Agility _____
- ☐ Speed, Agility _____
- ☐ Flexibility _____
- ☐ Cardio _____
- ☐ Posture _____
- ☐ Balance _____
- ☐ Cognitive _____
- ☐ Combinations
 - ☐ Gait, Vocal Projection, Posture _____
 - ☐ Gait, Speed, Flexibility _____
 - ☐ Fall Prevention, Cardio, Posture, Balance _____

Work Phase Routine Type:

- ☐ Gait, Fall Prevention, Agility _____
- ☐ Speed, Agility _____
- ☐ Balance _____
- ☐ Cardio _____
- ☐ Lateral Stability / Stability _____
- ☐ Hand-Eye / Dexterity _____
- ☐ Mental Focus / Memory _____
- ☐ Combinations _____
- ☐ Strength
 - ☐ Shoulders, Upper / Mid Back
 - ☐ Chest
 - ☐ Glutes
 - ☐ Legs
 - ☐ Calves / Ankles
 - ☐ Low Back
 - ☐ Torso

Extras:

_____ info@bridgesforparkinsons.com _____



Sample Routine

Tues 11:15 April 30th Coaches Webinar Routine
9/2

Micro - Breathe, Head 1 → 2, shoulders 1 ↓, blades, shoulder roll, fine motor fist pump, Boxer Arms, Mid body cross reach, high cross reach, Low cross, Gong, Pedal lift, Franks (hold), Abduction (hold), butt kicks (hold), heel lift / toes (hold) Body circle

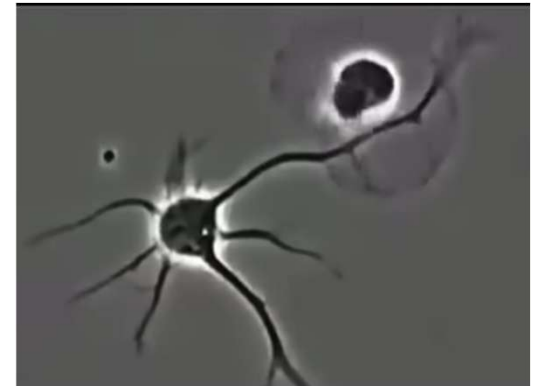
W-up 1x Learn 2x Improve 3x Seal deal
March in place / swing arms (MOVING into Dynamic warmup)
10x Rainbow → 5x CCA-Squat
10x B dog → 5x C-C-A-Knee
10x Forward Lunge / Row → CCA-forward
10x Diagonal Lunge / T → CCA-diagonal
10x Alternating 1/2 Jacks → CCA-lateral step
10x Reverse Lunge / "V" arms → CCA-Rev Lunge
March / Jog in Place → Rpt 1-2x

Strength - weights, bands, tubes, foam pads
1. (weight, pad) Squat/curl (modify w/ Frank)
2. Forward Lunge / overhead press (weight/pad)
3. (tube, pad) Diagonal Lunge / T
4. (tube around back of legs) Abduction step / Row
5. (weights, pad) Reverse Lunge / "V"

Boxing
JC Δ to get refocused on form & rotation
JC J- CCA Squat (X tap hand to opposite knee if too hard)
6x DBL ↑↑↓↓ → CCA-knee up
R-LH-R → CCA lateral step
(Left leg front) 2 cuts / 2 ski jumps, 4/4, 6/6, 8/8, 10/10 Rpt in Reverse

Stretch

Neuroplasticity in action!



Tips and Tricks

- Keep it simple
- Break exercises down into sections; teach in slow motion; have them say it with you (Voice work)
- Remind them of what we worked on in warmup so they continue to do it
- Remind them (and yourself) that we aren't looking for perfection!



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Bridges for Parkinson's - Rock Steady Boxing Music City

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Thank you!

