



## Disclaimer:

PWR is not meant to replace therapy or other forms of treatment pertaining to patients with Parkinson's disease

PWR is implemented as a program to be used in conjunction with other treatment plans

Upon first day of class an email will be requested to keep all participants informed on potential cancellations or changes in time or location

The [Parkinson's Outcomes Project](#) shows that people with PD who start exercising earlier and a minimum of 2.5 hours a week, experience a slowed decline in quality of life compared to those who start later. Establishing early exercise habits is essential to overall disease management. ([parkinson.org](http://parkinson.org))

## UM-Flint Physical Therapy Department

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# Parkinson's Wellness Recovery

Located at UM-Flint



Phone: 810-762-3373

# BACKGROUND

## What is Physical therapy:

Vision Statement: Transforming society by optimizing movement to improve the human experience.

In other words, Physical therapy is used to help patients reduce pain and improve or restore mobility

## What is Parkinson's Disease (PD)

PD is a neurodegenerative disorder that affects predominately dopamine producing neurons in a specific area of the brain called substantia nigra.

PD is a movement/balance disorder that occurs because of the malfunction between dopamine receptors not receiving the signal.

## Statistics:

- PD is the fastest growing neurological disorder surpassing that of Alzheimer's
- Approximately 60,000 Americans are diagnosed with PD each year
- More than 10 million world-wide are living with PD

Parkinson's disease is treated in several ways:

- Medication
- Surgery
- Rehab (EXERCISE)

# DESCRIPTION

In October 2016, A Parkinson's Wellness recovery (PWR) program has been implemented at the University of Michigan-Flint.

## The exercise program:

- Free
- Held at UM-Flint, Every Friday from 10:00 am to 11:00am
- Hosted by a certified physical therapist
- Conducted and lead by enthusiastic physical therapy students

The exercise class consists of an hour-long regiment of:

- 10-15 minute warm up
- 30-45 minute workout
- 10-15 minute cool-down

The format and vision of the program focuses on:

- Flexibility
- Coordination
- Walking
- Balance

The average weekly attendance for 2018 is about 10 patients weekly

# CONCLUSION

This weekly exercise class for people with Parkinson's disease is feasible for many reasons:

- Free
- Enthusiastic
- Judgement free
- Opportunity to learn more about PD

## Benefits for two communities:

### Patients with Parkinson's disease:

- Get to work out alongside other patients with a similar diagnosis
- Judgment free therapy
- Work alongside current and future physical therapy students
- Participation is at own pace
- Actively take part in the education of the students

### UM-Flint Physical therapy students:

- The students earn and practice leadership experience
- Receive hands on experience with patients
- Actively engage in treatment and maintenance of the patient's lifestyles

### Future Directives:

- Track the patient's functional ability over time.
- Track educational awareness and involvement of students
- Focus-group interviews with students and patients with PD to explore benefits



