

PARKINSON'S DISEASE

PHYSIOTHERAPY • MOVEMENT • STAYING ACTIVE

Physiotherapy can help you work towards the activities that matter to you. Your plan is tailored to your goals, movement and safety.

01 MOVEMENT CHANGES

Slowness, stiffness, tremor, smaller steps, changes in posture or balance, and freezing may affect movement. Fatigue, pain, sleep, mood or dizziness can also affect daily life. Everyone's experience is different.

02 HOW PHYSIO CAN HELP

Practise walking, turning and transfers. Build strength, balance, fitness, posture and flexibility. Learn movement cues, falls prevention and ways to stay active at home and in the community.

03 YOUR MOVEMENT TOOLKIT



TASK PRACTICE

Repeat useful movements: stepping, turning or transfers.



WALKING & BALANCE

Build steadiness and confidence for daily movement.



STRENGTH & FITNESS

Include aerobic activity and strength at a suitable level.



EVERYDAY GOALS

Practise activities that matter at home and in the community.

A plan may include aerobic activity, strength, balance and agility, larger purposeful movements, and flexibility. Build gradually. Ask for advice if you have fallen, freeze, feel dizzy, have osteoporosis or other health concerns.

04 IF YOUR FEET FEEL STUCK: PAUSE, RESET, STEP

PAUSE

Stop rushing

RESET

Shift weight or look at a target

STEP

Step to a line, count or rhythm

05 SAFETY AND SUPPORT

REDUCE EVERYDAY RISK

Keep pathways clear and allow time for turns and doorways. Use your usual walking aid. Practise challenging balance tasks with suitable support or supervision. Ask for help if confidence or falls risk changes.

WHEN TO SEEK MEDICAL ADVICE

Tell your GP or neurologist about new or worsening falls, walking changes, dizziness, pain, swallowing, memory, mood or daily function. Call 000 for serious injury, sudden weakness or facial droop, sudden speech difficulty, chest pain or severe breathing difficulty.

AT YOUR APPOINTMENT Bring your walking aid, comfortable shoes and medication list if available. Note when movement feels easier or harder.

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Information only; it does not replace individual medical advice.