

Need more of a challenge?

Distract yourself with music or the TV so that you have to work harder to focus on your movements.

Local PD groups in West Lothian

PD support group – Last Wednesday of the month, 13:30 - 15:00, Uphall Community Centre

PD Exercise class – Fridays, 15:00-16:00, Uphall Community Centre

Parkinson's Café – 2nd Wednesday of the month, 11:00-12:30, Dobbies Livingston

Xcite Bathgate and Craigswood have sessions in partnership with Parkinson's UK (see separate leaflet)

Useful Websites

www.pdwarrior.com

www.pwr4life.org

www.parkinsons.org.uk

www.westlothianleisure.com

10 Core Exercises for Parkinson's Disease

Why do these core exercises?

- Gain confidence to complete everyday tasks
- Increase fitness, balance and mobility
- Delay progression of Parkinson's symptoms i.e. stiffness, shuffling, instability, tremor.

*Aim to do 3-4 core exercises daily.

*Start with the most challenging one that you can do safely and work on mastering it.

*Spend about 20 minutes each day improving your form, ensuring clean, symmetrical, and full movements before adding the next exercise.

1. REACH FOR THE SKY

Equipment: You will need a sturdy chair for this exercise



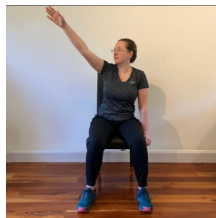
Step 1: Sit on the chair with your legs in a wide supportive stance. Use one hand to support yourself by holding on to the chair.



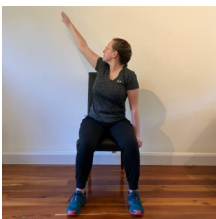
Step 2: When you are ready, reach down and across your body with your free hand. If you can touch the floor on the outside of your foot, well done!



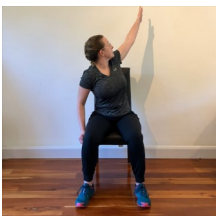
Step 3: Bring yourself back up into a tall sitting position and bringing your hand diagonally in the opposite direction and up to the sky. This should be a continuous movement.



Step 4: Look up at your outstretched hand. You should feel a powerful stretch across your chest, upper back, arm and hand.



Step 5: Try now with your other arm.



10. JAMES BOND

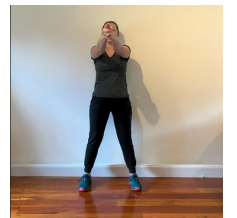
No equipment needed (just an imaginary gun and a 007 face)



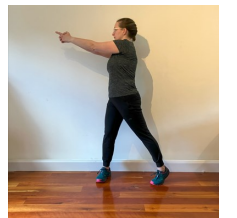
Step 1: Start with your feet wide apart, wider than your shoulder width.



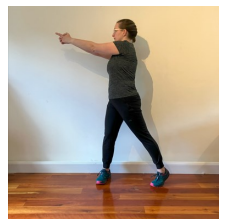
Step 2: Clasp both hands together in a trigger grip, with your arms straight in front of you, about shoulder height.



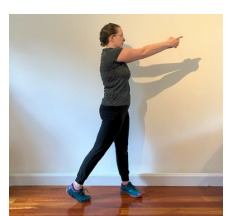
Step 3: Move both hands around to one side, about 90 degrees from the front. You may feel the need to swivel at the opposite foot.



Step 4: Hold that position for one second and then return to the front.



Step 5: Repeat this move to the other side; again, stop about 90 degrees to the side.



9. SQUARE STEPS

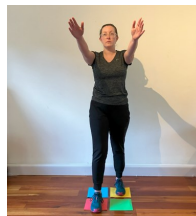
Equipment: You will need 4 floor markers arranged in a square shape



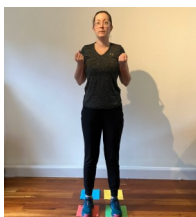
Step 1: Stand on the two markers at the back. Practice stepping forwards and backwards leading with your right leg; right, left, right, left.



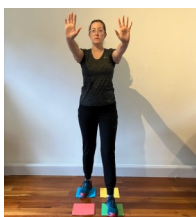
Step 2: As you step forward with the right leg, stretch your hands out and reach forward.



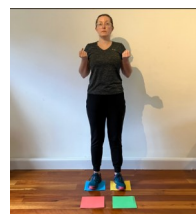
Step 3: As you step forward with your left leg, close your hands and bring them to your chest.



Step 4: As you step backwards with the right leg, stretch your hands out and reach forward.



Step 5: As you step back with your left leg close your hands and bring them to your chest.



**Each time you step, you should be changing your hand and arm position.*

2. THROW AND SNATCH

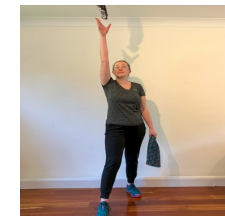
Equipment: You will need two scarves for this exercise



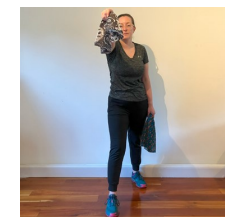
Step 1: Start by holding a scarf in each hand with your feet wide apart.



Step 2: Throw one scarf directly up into the air, as high as you can towards the ceiling.

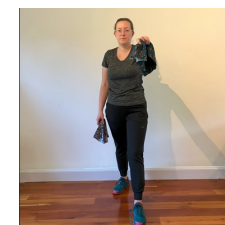


Step 3: As the scarf floats down, snatch it out of the air from above as it reaches shoulder height.



Step 4: Repeat on the other side with the other scarf.

Can you throw and grab two from the same hand before they reach the floor?



** The focus of this exercise is on the 'snatch' as you rip the scarf out of the air. Do not wait for it to fall down and do not try to catch it underarm.*

3. BALL CATCH

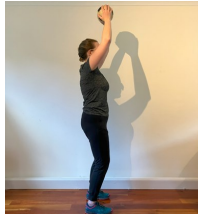
Equipment: You will need a soft sponge ball for this exercise



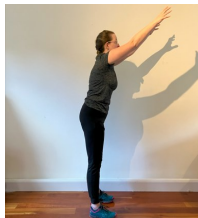
Step 1: Face a solid wall. Stand 2 metres from the wall with your feet hip width apart and your knees slightly bent.



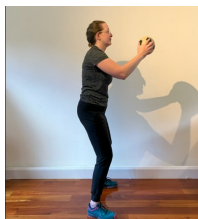
Step 2: Grab the soft ball and bring your arms over your head.



Step 3: Throw the ball overarm, using both arms together and aiming for a target above head height.



Step 4: Ideally you should throw with enough force to catch the ball on return.



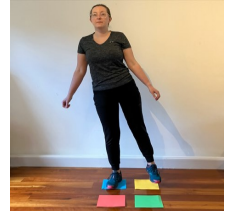
Progression: Move further away from the wall, stand in tandem stance or stand on one leg.

8. DUCK WADDLES

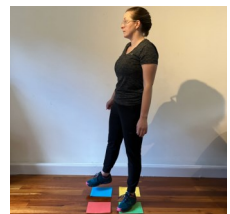
Equipment: You will need 4 floor markers arranged in a square shape



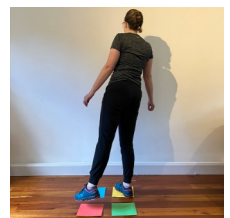
Step 1: Stand with your feet on two of the markers and practice shifting your weight from one marker fully to the other marker, lifting one foot of the ground each time.



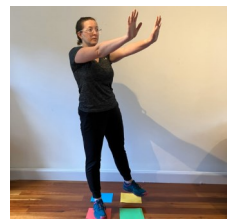
Step 2: Start weight shift stepping around the square in a clockwise fashion.



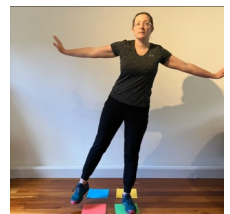
Step 3: Once you have done one square then stop and reverse and go in an anti-clockwise direction.



Step 4: Add in double arms up in front and then double arms out to the side alternating the movement with each step you take.



** Each time you step you should be moving location and alternating between left and right leg.*

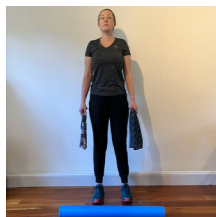


7. LET IT GO

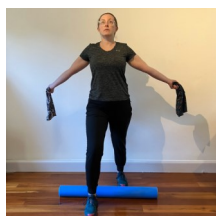
Equipment: You will need two scarves and a foam block for this exercise



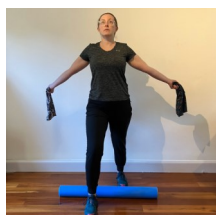
Step 1: Start with your legs hip width apart and a scarf in each hand.



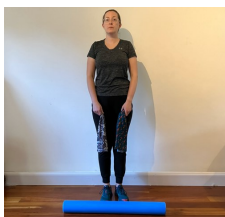
Step 2: With your right leg, take a small step forward over the block while moving both arms out to the side.



Step 3: Make sure that you get a good stretch across the front of the chest.

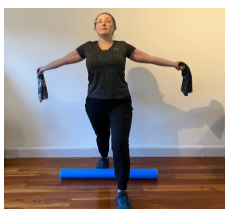


Step 4: Both arms then come back into the middle as the leg steps back.



Step 5: Repeat with alternating legs.

**Ensure that both upper and lower limb movements are powerful going out and back in using separate and distinct movements.*



4. SIDE STEPS

Equipment: You will need a resistance band for this exercise



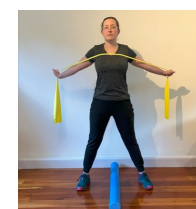
Step 1: Stand with your feet and hands hip width apart. Hold the resistance band in each hand.



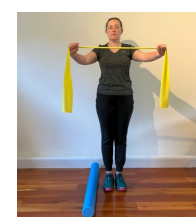
Step 2: Take a big step out to one side and at the same time, stretch your arms out fully so that the resistance band stretches across your chest.



Step 3: Hold this position and check that your chest is out, your arms are straight and your hands are back behind your shoulders.



Step 4: Bring both arms into the chest as you bring your feet back to hip width apart.



Progression: Use a higher level resistance band as well as increasing speed of your sidesteps.

5. SUPER STEP

Equipment: You will need a foam block or rolled towel for this exercise



Step 1: Start by placing the block or rolled towel on the floor in front of you.



Step 2: Take a big step over the hurdle with your left foot. At the same time swing your right arm forward with power and your left arm back well behind you. Hold for 5 seconds.



Step 3: Lift your right leg and step your feet together.



Step 4: Turn around, 180 degrees to face the hurdle again. Step over the hurdle with your right foot and left arm forward. Keep your right arm well behind you.



**Make sure to swing your arms with power and full range and bring your knees up high as you step over the hurdle.*

6. SQUAT STOP

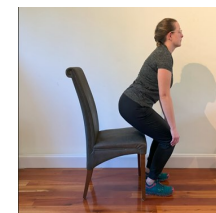
Equipment: You will need a sturdy chair for this exercise



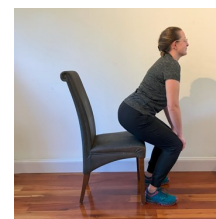
Step 1: Stand with your feet hip width apart facing away from your chair, as if you are about to sit down.



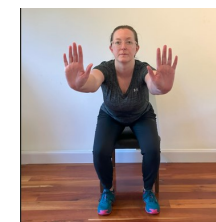
Step 2: When you are ready, move to sit down. Do not let your bottom touch the chair.



Step 3: Hover over the chair for a moment and then come back up to a fully standing position.



Step 4: Try this again but when you go to sit, bring your hands in front into a 'STOP' position.



Step 5: As you rise to stand, move your hands and arms down by your side.

