

PRE-EXERCISE WORKSHEET

Pre-exercise screening is a process that enables a doctor to review an individual's medical and exercise history and assess risk factors that may impact health and safety when engaging in an exercise program. A family doctor may schedule pre-exercise testing for those who have heart or lung disease, high blood pressure or diabetes.

With a neurological condition like Parkinson's, pre-exercise screening should be completed by a family doctor, clinical exercise specialist, clinical exercise physiologist or cardiologist. In addition, before starting a new exercise program, discuss with your Parkinson's doctor whether there are any safety concerns that specifically relate to the disease. This worksheet includes motor and non-motor symptoms that can impact exercise tolerance. Although many people benefit significantly from exercise, it is important to consider and discuss these topics with your Parkinson's doctor before you add or change your exercise routine. Use the space provided for personal notes.

Motor Symptoms

If my Parkinson's symptoms improve or worsen, how should I change my medications?

What should I do if my dystonia (muscle spasms) worsens before, during or after exercise?

Considering my walking and balance, are there any exercises you prefer I avoid or include?

What should I do if exercise seems to worsen my dyskinesia? (You may be more prone to muscle tears during bouts of uncontrolled dyskinesia.)

Should I avoid exercising when I am in an *off* state? (Typically, stiffness, slowness and walking are worse when the medications are wearing off which can increase risk of injury.)

Should I see a physical therapist before I start a new exercise program?

Non-Motor Symptoms

- How will exercise impact my sleep problems? (You may need to avoid exercising close to bedtime.)
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- What should I do if I experience increased fatigue after starting an exercise routine?
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- If my anxiety or depression symptoms improve with exercise, will I need to change my medications for these?
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- Is there any way to improve daytime sleepiness so that I can be more alert during exercise?
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- What can I do if overactive bladder is limiting my exercise?
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- Do I have low or fluctuating blood pressure? (Low or fluctuating blood pressure can worsen if the exercise intensity is too strong and some exercises should be avoided.)
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- Do any of my medications influence my blood pressure? (You may need to exercise at specific times of day to avoid either very low or high blood pressures.)
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- Should I drink more water on the days that I exercise and if so, how much more?
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- Do I have attention or concentration problems that may increase my risk for injuries during exercise? (You may want to avoid compound exercises and work individually with a trainer.)
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- Are there specific exercises I should include or avoid when considering my cognition? (For instance, swimming alone may be contraindicated or only using a treadmill with supervision.)
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