



DAVIS PHINNEY
Foundation For Parkinson's

every victory counts®



EXERCISE ESSENTIALS COMPANION GUIDE



INTRODUCTION

An active lifestyle with regular exercise can have significant benefits for people living with Parkinson's. This comprehensive exercise video provides instruction and direction for the best exercises for people with Parkinson's.

In these videos, Matthew P. Ford, PT, PhD provides guidance to help you get started and shares a range of exercise approaches drawn from research and his experience working with members of the Parkinson's community.

These are routines designed for all levels, including at-home and in the gym workouts. In the videos you will also hear from men and women of different ages, living with various stages of Parkinson's, as they share their inspiring personal stories with encouragement and first-hand insight into getting started and sticking with it.

More than an "exercise along" video, this program goes one step further and provides a road map that will teach you how to safely progress exercise activities over a period of years in order to help you stay motivated and derive the greatest benefit from your workouts.

The Davis Phinney Foundation's mission is to help people living with Parkinson's disease to live well today. This video reflects our dedication to providing information, inspiration and tools to help you be at your best and make every victory count.





How to Use this User's Guide

This guide is a companion to the five videos in the series. We encourage you to watch the videos at least one time through before you begin exercising. This way you can take inventory of what you need, the kind of set up you'd like to create and the workouts you'd like to begin first. This will also allow you to become familiar with the names of the exercises, how to do each one and how you might scale or modify them to meet your needs.

Once you are familiar with the material, you can take this document with you and workout on the go, at the gym or when you travel without having to watch the videos each time. Just print out the page that has your workout of choice and get moving.

Exercise helps people with Parkinson's get stronger and improve balance and gait. The types of exercise discussed in these videos include:

» **Resistance Training**

- *Muscle strengthening*

» **Aerobic Training**

- *Endurance and cardiovascular training*

» **Stretching**

- *Maintain flexibility*
- *Improve posture, sitting, standing and walking*



Key factors to help you reach your health and exercise goals:

1. Identify what is getting (or what might get) in your way of exercising

2. Connect to at least one of the following drives: (SELECT)

- Social Interaction
- Enjoyment
- Learning
- Exploration
- Competition
- Task Completion

The more you're able to connect with one of these drives, the more likely you are to stick with what you're doing and achieve your goals. Remember, the best exercise is the one you'll do!





EXERCISING AT HOME

Make sure you find a space where you have plenty of room to move around and where there are no loose rugs or furniture that might cause a tripping hazard. If you have issues with balance, use a strong and steady chair to help you. You will also need a mat, comfortable clothes, sturdy shoes and some weights and accessories if you choose to do the advanced exercises.

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Getting the Kinks Out

Do this sequence before you begin each workout.

» Lying on the Floor

- *Full body stretch to double knee hug*
(hold each stretch for 20 seconds, repeat twice)
- *Single knee hug*
(hug each knee for 20 seconds, repeat twice)
- *Straight leg raise*
(hold each leg for 20 seconds, repeat twice)

» Chair (use this option if lying on the floor is painful)

- *Full body extensions* (repeat 10 times)
- *Hamstring stretch*
(hold each side for 20 seconds, one time)

» Standing

- *Neck rotations* (10 times each direction)
- *Shoulder and arm circles*
(repeat 10 times, forward and backward)
- *Standing calf muscle stretches*





The Basic Workout

» Aerobic Warm Up

10 minutes

- *Walk in place*
- *High knees*
- *Run in place*

» Exercises

Do 8-11 repetitions for each movement, each side

- *Squat*
- *Modified push ups*
- *Modified lunges*
- *Wall slides*
- *Bridges*
- *Trunk rotations*
- *Bird dogs*
- *Squat with resistance bands*





The Advanced Workout

If 8-11 reps of the exercises in the Basic Workout are easy, add some of the exercises in this Advanced Workout to your routine.

» Aerobic Warm Up

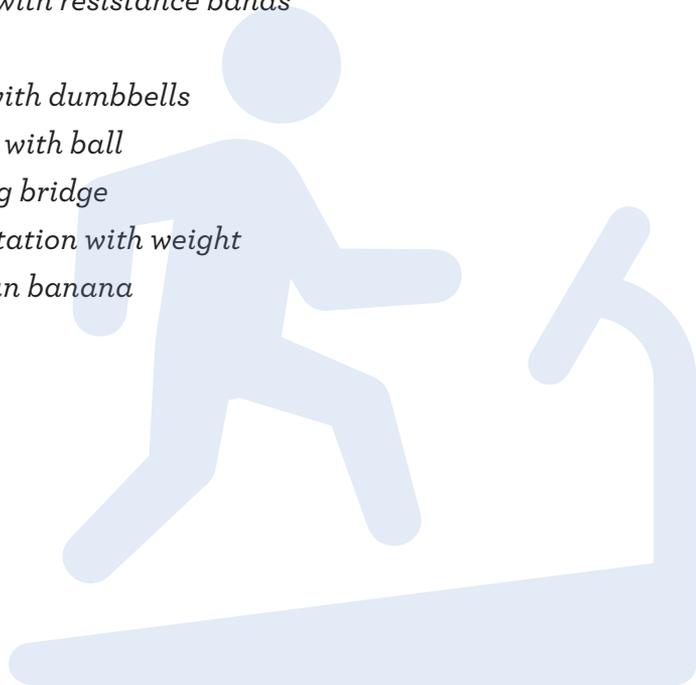
10 minutes

- *Jumping jacks*
- *High knees*
- *Run in place*

» Exercises

Do 8-11 repetitions for each movement, each side

- *Y Squat with resistance bands*
- *Push ups*
- *Lunges with dumbbells*
- *Roll outs with ball*
- *Single leg bridge*
- *Squat rotation with weight*
- *Superman banana*
- *Burpees*





Fitness Center Exercises

If you're going to workout at a gym, it's best to let the trainers know that you have Parkinson's and any of the limitations or concerns you have. This way they can keep an eye out for you, offer suggestions for modifications and give you any assistance you may need.

Ideally, a trainer would walk through your routine with you the first time you do it. He or she can help you set up the machines so you can write down the settings and weights. This will make it easier for you to get dialed in each time you come in for your workout.

And don't forget to track your progress each time so you can see how much stronger you're getting!

Do 8-11 repetitions for each movement, each side. When you can do 12 repetitions easily, increase weight until 8-11 is a challenge.

- *Leg press*
- *Chest press*
- *Step ups*
- *Lat pulldown*
- *Leg extension*
- *Shoulder press*
- *Leg curl*
- *Squat thruster with kettlebell*
or squat with therapeutic ball





Exercise Tips

- *Adapt your activities for your own unique needs*
- *Try to incorporate aerobic, strength and flexibility training into your regime*
- *Aim for planned resistance training at least two times per week and aerobic exercise two times per week*
- *Enjoy moderate physical activities on the days you don't exercise with intensity*
- *Progress your exercise over time to derive maximum benefit*

Progressing Your Exercise

- *Increase your goal*
- *Increase the duration*
- *Increase the level difficulty*
- *Increase the number of times per week you workout*





APPENDIX OF EXERCISE RESOURCES

Target Heart Rate

“The target heart rate is your ideal heart rate, or pulse, during physical activity. Your target heart rate is within 50 to 85 percent of the maximum heart rate, which is the highest heart rate you should have during exercise. Determine your maximum heart rate by subtracting your age from 220. You can monitor your heart rate periodically during exercise by checking your pulse at the wrists, the inside of your elbow, the side of your neck and the top of the foot. To get the most accurate reading, put your finger over your pulse and count the number of beats in 60 seconds.”

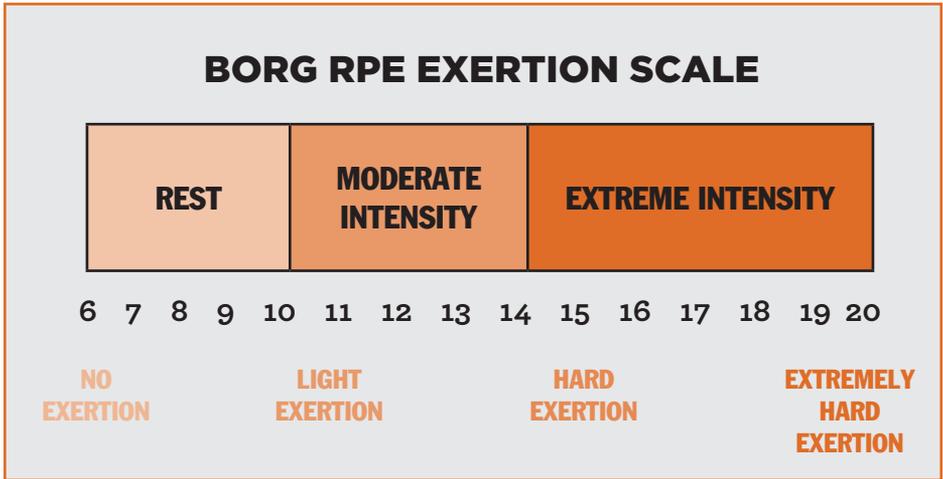
[From the American Heart Association.](#)

Age (years)	Target HR Zone 50-85% (beats per minute)	Avg. Max HR 100% (beats per minute)
40	90-153	180
45	88-149	175
50	85-145	170
55	83-140	165
60	80-136	160
65	78-132	155
70	75-128	150





Borg Rating of Perceived Exertion (RPE)



[Taken from the Centers for Disease Control and Prevention](#)

“The Borg Rating of Perceived Exertion (RPE) is a way of measuring physical activity intensity level. Perceived exertion is how hard you feel like your body is working. It is based on the physical sensations a person experiences during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue. Although this is a subjective measure, a person’s exertion rating may provide a fairly good estimate of the actual heart rate during physical activity* (Borg, 1998).

Practitioners generally agree that perceived exertion ratings between 12 to 14 on the Borg Scale suggests that physical





activity is being performed at a moderate level of intensity. During activity, use the Borg Scale to assign numbers to how you feel (see instructions below). Self-monitoring how hard your body is working can help you adjust the intensity of the activity by speeding up or slowing down your movements.

Through experience of monitoring how your body feels, it will become easier to know when to adjust your intensity. For example, a walker who wants to engage in moderate-intensity activity would aim for a Borg Scale level of “somewhat hard” (12-14).

If he describes his muscle fatigue and breathing as “very light” (9 on the Borg Scale) he would want to increase his intensity. On the other hand, if he felt his exertion was “extremely hard” (19 on the Borg Scale) he would need to slow down his movements to achieve the moderate-intensity range.

*A high correlation exists between a person’s perceived exertion rating times 10 and the actual heart rate during physical activity; so a person’s exertion rating may provide a fairly good estimate of the actual heart rate during activity (Borg, 1998). For example, if a person’s rating of perceived exertion (RPE) is 12, then $12 \times 10 = 120$; so the heart rate should be approximately 120 beats per minute. Note that this calculation is only an approximation of heart rate, and the actual heart rate can vary quite a bit depending on age and physical condition. The Borg Rating of Perceived Exertion is also the preferred method to assess intensity among those individuals who take medications that affect heart rate or pulse.”





WHAT'S NEXT?

Want more ideas on how to live well with Parkinson's?

Much more practical information can be found in a powerful new edition of the Davis Phinney Foundation's free Every Victory Counts® manual. The Every Victory Counts manual gives people living with Parkinson's, their care partners and their family members the tools they need to take control of their own Parkinson's treatment through a proactive approach to self-care.

It's jam-packed with up-to-date information about everything Parkinson's, plus it includes over 30 checklists and worksheets to help you put what you've learned into action. Color coding and engaging graphics help guide you through the written material and point you to complementary videos, podcasts and other materials on the Every Victory Counts companion website. And, it is still free of charge thanks to the generosity of our sponsors.

Request your complimentary copy of the new Every Victory Counts manual at www.EveryVictoryCounts.com.



Want to join hundreds of other people with Parkinson's learn how to live well today?

Each year we host six live educational events all over the world. The Victory Summit® event is a day of information and inspiration, featuring dynamic presentations from leading movement disorder neurologists and therapists from across the continent. It's an upbeat, fast-paced event of community and connection, filled with laughter and conversation. You and your care partners will leave feeling motivated and armed with tools to help you be more involved in your own treatment and to improve your quality of life.

To learn more and register, for free, for an upcoming event, visit dpf.org/vs.

About the Davis Phinney Foundation

Our goal at the Davis Phinney Foundation is to help people with Parkinson's live well today. We provide essential information, practical tools and inspiration to people living with Parkinson's and their care partners; we host educational and fundraising events in locations all over the world; and we fund early-phase, innovative research that focuses on exercise, speech, movement and other factors that affect quality of life.





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