

PRE-EXERCISE SELF-ASSESSMENT

Pre-exercise screening is a process allowing a doctor to review your medical and exercise history and assess risk factors that may impact your health and safety when engaging in an exercise program. If you are not exercising now and wish to begin, your primary care physician may call for pre-exercise testing, especially if you 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.

Before starting a new exercise program, talk with your Parkinson's doctor about whether there are any safety concerns that specifically relate to your situation. This worksheet will allow you to assess both motor and non-motor symptoms that can impact your exercise. Although exercise is essential to living well with Parkinson's, it is important to consider and discuss with your doctor before you start or change your exercise routine.

Use the space below to check and describe symptoms or concerns you have related to exercise, as well as to record any recommendations from your wellness team about these concerns.

Motor Symptoms

- Dystonia (muscle spasms) worsens before, during or after exercise.

Concern: _____

Recommendation: _____

Ask your physical therapist to test your walking and balance and recommend exercises to include, as well as any to avoid.

- Exercise seems to worsen my dyskinesia.

Concern: _____

Recommendation: _____

Inform your doctor and discuss how to address your symptoms. You may be more prone to muscle tears during bouts of uncontrolled dyskinesia.

- I'm unsure whether I should exercise when I am in an "off" state.

Concern: _____

Recommendation: _____

If your medications wear "off," ask your doctor if you should avoid exercising when medications are not working well. Typically, stiffness, slowness and walking are worse when the medications are wearing "off," which can increase risk of injury.



Non-Motor Symptoms

- I have difficulty falling or staying asleep.

Concern: _____

Recommendation: _____

Sleep problems can be improved with regular exercise, although avoid exercising close to bedtime. If you're taking sleep medications, ask your doctor if your medications can be reduced if exercise improves your sleep problems.

- Exercise-induced fatigue is a problem for me.

Concern: _____

Recommendation: _____

If fatigue is limiting your exercise plans, talk to your primary care doctor. Fatigue has many causes and may require an in-depth discussion to determine how to treat it.

- If my anxiety or depression symptoms improve with exercise, should I change my medications?

Concern: _____

Recommendation: _____

Exercise can have positive effects on emotional wellness. Ask your doctor whether mood control medications are still necessary if you are experiencing improvements as a result of exercise.

- I feel tired during the day, making it difficult to exercise.

Concern: _____

Recommendation: _____


Ask your doctor about ways to improve daytime sleepiness so that you can be more ready for exercise. You might need to plan exercise around times of day when you feel most alert and refreshed, as well as consider timing and nutrition of meals and snacks.

- Overactive bladder limits my ability to exercise.

Concern: _____

Recommendation: _____

Talk to your doctor if overactive bladder is limiting participation in exercise. Ask about minimum and maximum fluid intake per day for optimal hydration.

 Could my medications influence my blood pressure while exercising?
Concern: _____
Recommendation: _____
Talk to your doctor about whether the combination of your medications and exercise could alter your blood pressure. You might need to exercise at specific times of day to avoid either very low or high blood pressure.

I have low or fluctuating blood pressure.
Concern: _____
Recommendation: _____
Low or fluctuating blood pressure can get worse if the intensity of your exercise is too much, so you may need to avoid certain exercises. Ask your doctor if your blood pressure is a concern to address when making your exercise plans.

I have attention or concentration difficulties.
Concern: _____
Recommendation: _____
You might want to avoid complicated exercises and work individually with a trainer who can supervise you and keep you on task. Ask your doctor or physical therapist to determine whether your exercise program should be supervised.

I experience cognition problems (sometimes or often).
Concern: _____
Recommendation: _____
Talk to your doctor about whether your cognitive health limits your exercise choices. For instance, you might not be able to swim alone or might need to use a treadmill only with supervision for safety.

Exercise Readiness

I want to start a new exercise program.
Concern: _____
Recommendation: _____
Ask your doctor for a referral to see a physical therapist before starting a new exercise program.



Describe your current level of activity:

- I exercise regularly.
- I don't exercise regularly, but my lifestyle is somewhat active.
- I'm mostly sedentary.

What do you do to exercise or to stay active?

How often do you engage in physical activity?

What fitness concerns do you have?

- I want to increase my stamina and endurance.

Activities I'd like to improve through increased cardiovascular fitness:

- I want to get stronger.

Activities I'd like to perform better through increased strength:

- I want to be more flexible.

Activities or mobility I'd like to improve through increased flexibility and balance:

Notes:
