



**The Victory Summit® Virtual Event:
The Parkinson's You Don't See: When Your
Autonomic System Goes Off-Track
"Movement Break for Pain Management"
Davis Phinney Foundation**

Polly Dawkins (Executive Director, Davis Phinney Foundation):

We are just absolutely honored to have partnered with Power for Parkinson's in Austin, Texas, and they have produced some videos for us. This is what their work is on YouTube and in person, which is exercise and Parkinson's. They've produced this video for us on exercises and strategies to get you moving to help with pain. So right now, we are gonna be focusing on a movement break on pain management and leading today's movement break is Lauren Lewis from Power for Parkinson's. She is a lead fitness instructor and she teaches a Move & Shout® class and Young Onset Circuit Training class, in person and live streamed on YouTube. She's worked in the fitness industry for almost four decades and her extensive teaching experience, it really, on Parkinson's symptoms focused fitness classes confirms her belief in the power of exercise. And here you go.

Lauren Lewis (Lead Fitness Instructor, Power for Parkinson's):

Hi, I'm Lauren Lewis with Power for Parkinson's. We are thrilled to be part of the Davis Phinney Victory Summit today. Exercise has been studied extensively for decades. We know that it protects you from heart disease. It strengthens your bones and muscles. It improves your endurance and flexibility and improves your general health and wellbeing. We also know that it helps with pain management. Motion is lotion. When we move, we feel better. We experience less pain because it elevates our serotonin levels. It releases endorphins, which makes us feel better and even helps dopamine be used more efficiently in the body. So, let's get going. Our first exercise we're gonna do is gonna get us kind of warmed up. We're gonna get circulation going, but we're also gonna work on large, extensive motions. So, we're gonna get those arms directly in front, one arm at a time, and then pull them back.

I want you to really exaggerate these motions, make them nice and big. Let's get our circulation going. Let's exaggerate these motions. So here we go. Right, left. We're gonna go front, front, back, back. Nice and big front, front, open your hands. Pull them back, back. Again. Front, front, back, back. Keep going. Front, front, back, back. Two more go front, front, back, last time front, front, back, back. All right, hold up for a second. I'm gonna add another part to our first exercise. The next part involves a bit of a pattern. So, I'm gonna give you three different exercises to do, kind of movements to do, and we'll put them all together. The first movement is we're working on finger strength and mobility, and the next part is just crossing the midline and tapping. So, it's open, close, cross, tap. Join me.

Open, close, cross, tap. Now loud, open, close, cross, tap. Again. Open, close, cross. Two more. Open, close, cross, tap, open, close, cross, and tap. All right. Let's put that together with the first part of our exercise and see how that feels and get that whole pattern together. Here we go. Front, front, back, back, open, close, cross, tap. Again. Front, front, back, back, open, close, cross, tap. Front, front, back, back, open, close, cross. One more time. Front, front, back, back, open, close, cross, tap. Great job. I hope you got that pattern, you were really using your body as large and as big as you can, also using your vocal power. We know that by using your voice and holding notes and really forcing that vocal power a little more, that we can increase our vocal power. So great job. Let's make this just a little more fun and by fun, I always mean just a little harder.

I'm gonna throw in another part of this first exercise that maybe for some of you, some of you, it may not work for. That's okay. The most important part of this exercise is the large front motions, the opening and closing of the fingertips and remembering the pattern. So, if the second part doesn't work for you, it's okay. Don't worry about it. Just keep going. Second part is we started off with the right lead front, front, back, back, open, close. Second time we do it, we're gonna start with the left lead. So, we're alternating the lead. Second time we go left, front, front, back, back, open, close, cross. Let's put it together. Let's start with that right, go to the left. See if we can remember to do that. Okay, here we go. Front, front, back, back, open, close, cross, tap. Left front, front, back, back, open, close, cross. Now right lead. Front, front, back, back, big, open, close, cross, tap. Left front, front, back, back. Open, close, cross, tap. All right. Nice job. I'm gonna give you another exercise. Second exercise, and we're gonna attach it to our first exercise, but let's first learn it. Second exercise is all about gait. We wanna make sure that we're lifting our legs. We're gonna exaggerate those legs, lift them nice and high. We're also gonna add a cardio aspect to it by bringing our arms over our head. Whenever you lift your arm over your head, your heart rate automatically goes up. So, let's try this together. We're gonna do seated jacks. We're gonna lift those legs nice and high out to the side and then bring them back. So, we're gonna go out, in, in, come on and join me. Let's do a bunch of these. Out, in, out, in, out, in, out, four more, go. Out, nice and big, in, out, in, two more. Out, in, out.

Put it together. Front, front, back, back, big, open, close, cross, tap. Left. Front, front, back, back, open, close, cross. Now jacks, go. Out, in, out, in, out, in, out and hold. All right. Great job. I'm gonna add a second part to our second exercise. The second part is also, we're gonna challenge you a little. I'm gonna ask you to do opposite limbs. So, we start off with two nice big jacks using all of our limbs together. The second part we're gonna take our right arm, left leg, go out in contralaterally, using opposites, and out in on the other side, this is important for naturally walking. When we walk, we use opposites and this is also important for balance. It helps with balance. So, it's an important thing to really reinforce. Let's put those together, two jacks and two opposites and see if we can't get that flowing more consistently. Here we go. Out, in, out. Now, opposite. Out, in, out, two jacks, out, in, out. Opposite, go. Out, in, out. Two jacks. Out, in, out. Opposite, go. Out, in, out. Last time, two jacks. Out, in, out. Opposites. Out, in, from the very top, we're going front, front, back, back, big, open, close,

cross tap. Left. Front, front, back, back, open, close, cross. Now jacks. Out, in, out. Opposites. Out, in, out. Two jacks. Out, in, out. Opposite. Out, in, out, and hold. All right. That's our second exercise.

We're doing three. Hope you're following along. I hope you're having some fun. I know some of this can be challenging. Yay for us. We're working hard here. The next exercise we're gonna work on and we're actually gonna change our tempo a little. We're gonna start with our legs. We're working on gait again. Heel toe. We're gonna start with that right. Alternating legs, heel toe. So, it's heel, toe, heel, toe, heel, toe, heel, toe, keep going, heel, toe, heel, toe, heel, toe, heel, and stop. The second part that we're gonna add the upper body to is a scissor and the scissor, this is the part that goes a little faster. We're gonna cross those arms and bring them up for four. So, it's 1, 2, 3, 4. Now back. 4, 3, 2, 1. By crossing those arms, we're crossing the midline. We're using the brain more fully, using both sides of the brain and we're using those opposite legs. So, let's put that together and play with that a little. And then when I say from that top, we start with that front foot. Here we go. Let's get those legs going first. Heel, toe, heel, toe, heel, toe. Here we go. Ready? 1, 2, 3, 4, 4, 3, 2, 1 again, 1, 2, 3, 4, 4, 3, 2, again, 1, 2, 3, 4, 4, 3, 2, last time. 1, 2, 3, 4, 4, 3, 2 from the top, front, front, back, back, open, close, cross, tap. Left front, front, back, back, open, close cross, now jacks, two, out, in, out. Opposites, out, in, out. Two jacks. Out, in, out. Opposite, out, in, out, scissor. We're going 1, 2, 3, 4 down 4, 3, 2 again, 1, 2, 3, 4, 4, 3, 2. And hold. Last part of this last exercise. There is one more part. We're gonna slow it down again. Using opposites, reminding our brain to lift it right left and left and right together. We're going up for 1 2, 3. Now here. We're gonna take that right arm and left leg and lift together up, down, up, down, again, up, down, scissor down. Here we go. 4, 3, 2, 1 opposite. Up, down, up, down, up, down, scissor up. 1, 2, 3, 4, up, down, up, down, up, down, up scissor down, 4, 3, 2, 1, up, down, up, down, up, down, up scissor up 1, 2, 3, 4, up, down, big, up, down, up, down, up scissor down 4, 3, 2, 1. Up, down, up, down, up, down from the very top front, front, back, back, open, close, cross, tap, left front, front, back, back, big, open, close, cross, two jacks out, in, out, opposite, out, in, out, two jacks out, in, out, and opposite, out, in, scissor for 4, 1, 2, 3, 4. Lift up, down, up, down, up, down, up scissor down, 4, 3, 2, 1, up, down, up, down, up, down, up and hold. I hope you got it because we're gonna add some music to this. Put it all together. Have some fun and see if we can't get that whole pattern. All of these exercises together to the music. So, let's give it a try. Here we go.

Four and three right arm. Here we go. Front, front, back, back. Big. Open, close, cross, tap, left front, front, back, back, open, close, cross, jacks out, in, out, opposite. Out, in, out, two jacks, out, in, out. Opposite, out, in, out, scissor, go 1, 2, 3, 4, slow, up, down, up, down. Keep going, up, down, up, scissor down 4, 3, 2, and lift it up, down, up, down, lift up, down. Let's take it from the top. Ready front, front, back, back. Big open, close, cross, tap, left front, front, back, back, open, close, cross, two jacks, out, in, out, opposite, out, in, out, two jacks out, in, out, opposite out, in, out, scissor up 1, 2, 3, 4, slow lift down. Go up, down, up, down, up, scissor down 4, 3, 2, and lift, up, down, up, down, up, down. Let's take it from the top again front, front, back, back, open, close, cross, and left lead front, front, back, back, open, close, cross two



jacks, big out, in, out, opposite out, in, out, two jacks, out, in, out, opposite out in, scissor four. We're going up 4, 3, 2, 1. And up, down, up, down, up, down, up, scissor down 4, 3, 2, and lift up, down, up, down, up, down, scissor, up 2, 3, 4 lift up down, up, down, lift up, down, up and yay, give yourself a hand. Great job. All right. Deep breath in with me. Big stretch. Let's get that heart rate down and exhale. All right, shake it all out. Roll your shoulders. Thank you so much for joining me today. Wanna thank you from myself and Power for Parkinson's. We hope you had fun and look forward to the opportunity of exercising with you, you can always find us anytime on YouTube, enjoy the rest of the Summit.

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