

Heal. Improve. Restore. Excel.



Parkinson's Disease Rehabilitation

There is growing evidence that individuals with Parkinson's disease can benefit from treatment that targets flexibility, strengthening and cardiovascular conditioning. Cleveland Clinic physical, occupational and speech therapists can support patients diagnosed with Parkinson's disease through a comprehensive, multidisciplinary approach to evaluation and rehabilitation designed to produce the best functional outcomes.

Who can benefit from Parkinson's disease rehabilitation?

If you have been diagnosed with Parkinson's disease, rehabilitation can help you improve balance, walking and overall functional ability.

What may rehabilitation involve?

Patient-centered care is coordinated among occupational, physical and speech therapists in collaboration with the patient's physician. After a thorough evaluation, a plan of care is developed specifically to meet your needs and goals are collaboratively defined by you and the evaluating therapist. Therapy may be one to two times per week and last for several weeks. Treatment may consist of:

- Flexibility/stretching and strengthening exercises
- Fitness (aerobic) activities
- Strategies to improve mobility: walking, freezing, standing up from chairs, reducing risk of falls
- Strategies to improve self-care activities
- Handwriting
- Stress management
- Instruction in cognitive strategies
- Speech training in swallowing as well as rate, control, respiration and phonation (the production of vocal sounds)

What types of recovery/outcomes can be expected?

There is evidence that rehabilitation may slow the progression of Parkinson's disease. Moderate to vigorous exercise/activity should begin immediately upon diagnosis and continue throughout the course of the disease. Evidence also shows that regular aerobic exercise, such as walking, can prevent the development of cognitive impairment in healthy elderly individuals and individuals with Parkinson's disease.



Call for an appointment:

216.444.6262

For more information, visit:

clevelandclinic.org/rehabsportstherapy