

Why exercise for Parkinson's?

Exercise and physical activity can play a vital role in improving both motor and non-motor symptoms of Parkinson's disease. Regular movement is one of the best ways to maintain mobility, strength, balance, and function for longer.

At AllCare Physio our experienced team are passionate about supporting people living with neurological conditions such as Parkinson's disease. We work with you to find exercises that are enjoyable, safe, and suited to your individual needs.

68 Sandy Bay Rd
Battery Point TAS 7004

(03)6224 9777

(03)6224 9774

info@allcarephysio.com.au
E-referral Healthlink: allcarep

ABN 93 161 205 983

allcarephysio.com.au



ALLCARE
PHYSIOTHERAPY

POWERFUL PARKINSON'S





A well rounded exercise program should include:

Strength Training
Aerobic Fitness
Balance & Agility
Multi-tasking Activities
Mobility & Flexability

Our team can help by providing

Individualised home exercise programs

Supervised clinic-based exercise sessions

Small group exercise classes

Recommendations for community exercise opportunities

Powerful Parkinson's Classes

Evedence-Based Exercise for Parkinson's Disease

- Carefully tailord classes to suit individuals with Parkinson's disease.
- Small groups to ensure personalised attention and support.
- Classes specifically designed to improve:
 - ➔ Function
 - ➔ Mobility
 - ➔ Balance
 - ➔ Confidence with movement

How to participate

New participants are required to attend a 1-on-1 assessment with one of our Physiotherapists or Exercise Physiologist who have a special interest in Parkinson's disease. Durng this appointment we will:

- 1 Complete a comprehansive functional assessment
 - 2 Discuss your goals and needs
 - 3 Recommend the most suitable class or exercise intervention
- 