

## INFORMATION FOR PATIENTS

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# Parkinson's

## Chair-based exercises

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Exercise is still **important** and **beneficial** even in the more advanced stages of Parkinson's disease.

The exercises below are general chair-based exercises designed to build into your routine at home. They can help with function, stamina, strength, flexibility, sleep and fatigue, pain, balance and mood.

### General tips:

- Aim to complete little and often as part of your daily routine.
- Think of your exercises like your medication; if you don't take it regularly it won't work.
- When exercising, aim to make your movements as big and powerful as you can.
- Aim to complete each exercise for 30 seconds.
- Don't push into any significant pain or resistance.
- Talk to the therapy team should you have any concerns.

### Neck

Sit upright. Turn to look over one shoulder then turn to look over the other.

### Stretch and twist

Stretch one arm forwards and up as high as you can, then make your fingers as long and wide as you can. Now twist to touch the opposite arm of the chair. Repeat on the other side.

### Marching

Remain seated and march in your chair.

### Heel taps

Extend your knee to tap your heel on the floor in front of you. Complete on the other side

### Step outs

Step one foot out to the side then back in again. Repeat on the other side.

## Contact details

Neurological Outpatients Therapy Team  
Rehabilitation Unit  
Telephone: 01623 785122  
Email: [sfh-tr.neuro.op.therapy.mch@nhs.net](mailto:sfh-tr.neuro.op.therapy.mch@nhs.net)

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office Leaflet code: PIL202405-01-CBE Created: May 2024 / Review Date: May 2026
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