

INFORMATION FOR PATIENTS

Parkinson's

Bed-based exercises

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

The exercises below are general bed-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.

Chest stretch:

- Take your arms as wide as possible, make them as long as possible including your fingers then, clap your hands together.

Arm stretch:

- Punch your arm up towards the ceiling. Repeat on the other side.

Knee rocks:

- Bend your knees and rock them from side to side.

Knee bend:

- Bend one knee to place your foot flat on the bed then straighten it back down. Repeat on both sides.

Contact details

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

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

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