

# Treatment for Parkinson's Disease

Swedish Outpatient Rehabilitation Services offers the patient with Parkinson's disease expert neurological rehabilitation. Occupational therapists, physical therapists and speech/language pathologists focus on helping each person gain and maintain movement, function and quality of life. This summary gives a general idea about what to expect during treatment, although not every person with Parkinson's disease will need all of the services.

## Each of your therapists will:

- Evaluate your needs with special consideration of
  - Fatigue and reduced activity tolerance
  - Changes in vision
  - Changes in memory
- Provide in-clinic treatment and education
- Prescribe and instruct you in a home exercise and activity program
- Make recommendations for safety, energy conservation and improvement of Activities of Daily Living (ADL)
- Educate family and caregivers and provide follow-up care as needed
- Strength and coordination — including core strengthening and conditioning exercise
- Balance — fall risk reduction and balance improvement
- Posture — through heightened awareness
- Functional mobility:
  - Walking
  - Independent transfer training — safe ways to move between positions such as sit-to-stand, in and out of bed
  - Assisted transfer training
  - Tiredness and fatigue — energy conservation and pacing
  - Assistive devices for walking

## Occupational Therapy

*Available at Ballard, Cherry Hill and First Hill*

- Arm and hand strength dexterity and coordination
- Adaptive techniques to reduce the effects of a tremor for improved hand function
- Memory tools
- Handwriting adaptation, computer use and adaptations
- Modifications to your home workplace, workplace equipment and vehicle
- Assistive walking devices, manual or electronic wheelchairs.
- Dressing, grooming and bathtub aids
- Leisure skills and adaptations

## Physical Therapy

*Available at all Outpatient Rehabilitation Services locations\*\**

- ROM including trunk mobility — stretching exercises

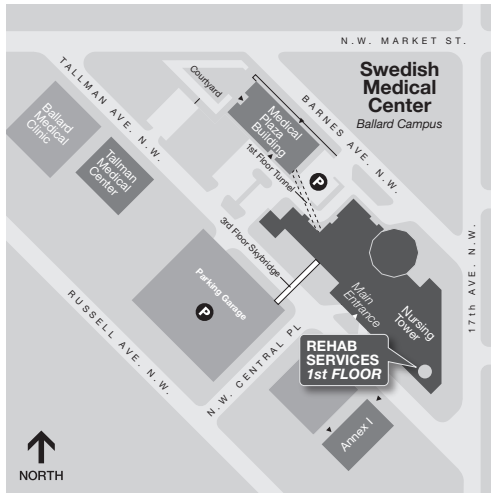
## Speech/Language Pathology

*Available at Ballard, Cherry Hill and First Hill*

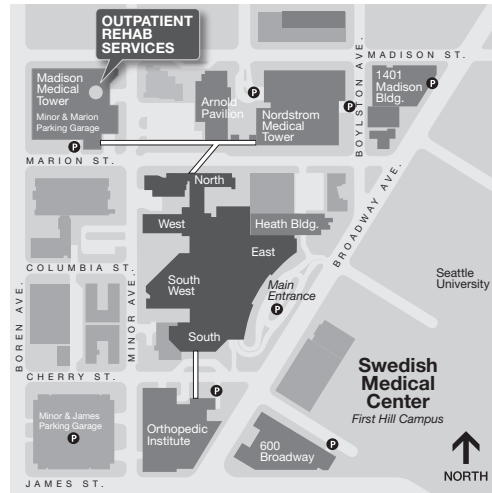
- Management of swallowing problems
  - Diet recommendations
  - Technique practice, safety and comfort
- Ways to cope with mild to moderate memory loss
- Exercises, myofascial release techniques and other methods
  - Prevention of vocal fatigue, vocal loss and hoarseness
- Treatment for reduced speech clarity and vocal loudness
  - Lee Silverman Voice Treatment (also known as LOUD therapy)\*

\* Available at Cherry Hill only, the Lee Silverman Voice Treatment (LSVT) in an intense speech therapy program that was developed after more than 15 years of research. Patients attend therapy four times a week for four weeks and can be administered only by an LSVT certified speech therapist.

\*\* Locations on reverse



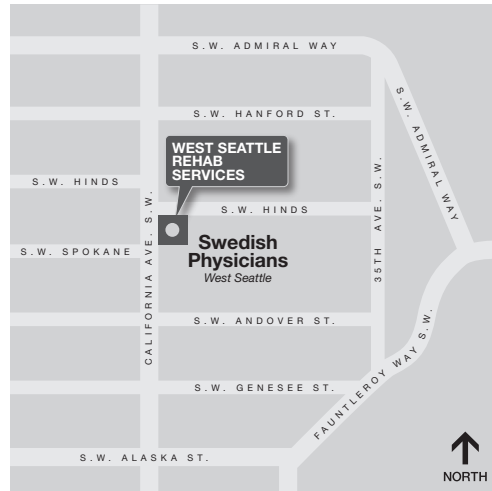
**Swedish/Ballard Outpatient Rehabilitation Services**



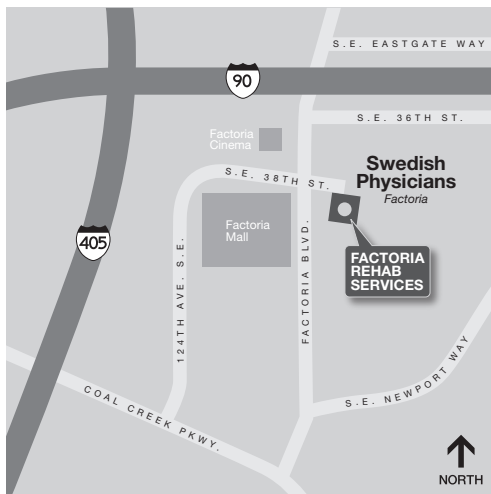
**Swedish/First Hill Outpatient Rehabilitation Services**



**Swedish/Cherry Hill Outpatient Rehabilitation Services**



**West Seattle Rehabilitation Services**



**Factoria Rehabilitation Services**



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