

Physical therapy services at University of Delaware Clinic can help restore mobility, function, strength, and confidence in patients with Parkinson's Disease, prevent future injury and increase participation in activities of daily life. MD referral NOT required for most insurances!



**University of Delaware  
Physical Therapy  
is ranked #1 in the  
Nation by US News and  
World Report.**

**We staff Board Certified  
Specialists in the areas  
of Orthopedics, Sports,  
Geriatric, and Neurologic  
physical therapy.**



**Delaware  
Physical Therapy Clinic**

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**Delaware  
Physical Therapy Clinic**

***Open to the public***

**Parkinson's Disease**

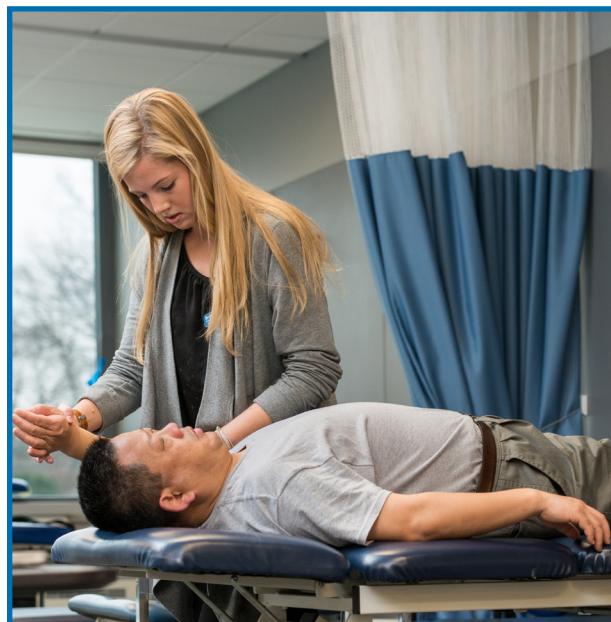


## What is Parkinson's Disease?

National Institute of Health describes Parkinson's Disease as a motor system disorder which is characterized by a loss of dopamine-producing brain cells. Symptoms include tremor, rigidity or stiffness, slowness of movement, poor balance and coordination, difficulty initiating movements, and difficulty completing simple tasks. Parkinson's Disease typically affects individuals over age of 50.

## Prognosis

Parkinson's disease is a chronic disorder and symptoms progress over time. Rate of symptom progression varies from person to person.



*Active participation in an individualized treatment program designed to overcome barriers can improve quality of life.*



## How Can Physical Therapy Help?

At University of Delaware Physical Therapy we focus our treatments for Parkinson's Disease on those techniques that have been proven to have positive impact. We structure the sessions to focus on the patients chosen goals; stair climbing, walking, getting in and out of the car, buttoning shirts, or other challenges limiting participation in life and in the community.

## Exercise

At Delaware Physical Therapy, exercises are prescribed based on patient selected goals and often address muscle tightness, strength, balance, and fine motor coordination.

**We focus on large amplitude training to improve the quality of your motions.**

**Call today to schedule an appointment.  
We are on campus and open to the public!**

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