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**PARKINSON DISEASE**  
**AND**  
**PHYSICAL THERAPY**

Presented by  
Donna Neitzel, MSPT

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- Bachelor's in Biology
- Master of Science Degree in Physical Therapy
- Specialize in Neurological and Vestibular Disorders
- Work at St. David's Outpatient Facility and for Home Health Agencies
- Live in Austin, 3 children, 1 husband, 1 dog

# GAIT ABNORMALITIES

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- FESTINATING GAIT
- INCREASING BASE OF SUPPORT
- INCREASING HEELSTRIKE & STRIDE
- DECREASING FLEXED POSTURE
- ASSISTIVE DEVICES (TRY ‘EM, YOU’LL LIKE ‘EM!!)
- FREEZING AND “STUTTERING” EPISODES

# BALANCE

- MAIN REASON FOR COMING TO P.T.
- STATIC BALANCE
- DYNAMIC BALANCE
- FALL PREVENTION TECHNIQUES
- KNOWLEDGE FOR PATIENT & CAREGIVERS

# **IMPROVING SAFETY WITH EVERYDAY ACTIVITIES**

- TRANSFERS (CHAIRS, SOFAS, TOILET)
- BED MOBILITY
- PICKING UP ITEMS FROM FLOOR
- GETTING UP FROM FLOOR
- SAFETY IN SHOWER OR TUB
- GETTING INTO/OUT OF CARS
- STAIR TRAINING
- HELPFUL DEVICES

# STRENGTHENING AND FLEXIBILITY

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- DECREASED FLEXIBILITY OF LOWER EXTREMITY MUSCLES DUE TO POSTURE
- POSTURAL CORRECTION FOR UPPER BODY
- DIAPHRAGMATIC BREATHING
- OVERALL STRENGTHENING

# ORAL/FACIAL EXERCISES

- FACIAL EXERCISES TO COUNTERACT FACIAL MASKING
- ORAL EXERCISES TO AID IN FEEDING AND SPEAKING

# EDUCATION

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- FOR THOSE NEWLY DIAGNOSED
- FOR CAREGIVERS
- DISEASE PROGRESSION
- SUPPORT GROUPS
- COMMUNITY/NATIONAL RESOURCES

# REFERRALS TO OTHER DISCIPLINES

- SPEECH THERAPY
- SWALLOWING EVALUATIONS
- COGNITIVE TRAINING
- DRIVING EVALUATIONS
- SOCIAL WORKERS

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**ST. DAVID'S OUTPATIENT REHAB**  
**544-5116**

**HOME HEALTH SERVICES**  
**249-0303 or 342-0331**