

TEXAS STEP

A Program for People with Parkinson's

Think BIG! Taking Texas-sized steps may improve mobility in people with Parkinson's Disease. Research supports the importance of exercise for people with Parkinson's. Specifically, an exercise regime of an hour a day which focuses on bigger and faster movements may improve balance and coordination as well as decrease bradykinesia (slow movements). In addition, the exercise program can improve patients' overall quality of life and enhance ability to perform more than one task at a time.

Our program incorporates [Texas Step](#) therapy into a comprehensive treatment plan that includes medical management and therapy. As part of St. David's Institute of Neurology and Neurosurgery, St. David's Rehabilitation Center offers a complete continuum of services including inpatient and outpatient therapy. These programs are operated under the direction of neurologists who specialize in the treatment of Parkinson's Disease.

In addition to our treatment programs, we are committed to research. Currently, Dr. Waneen Spirduso from the University of Texas at Austin is conducting a research study on Parkinsonian tremors at our facility.

During any phase of Parkinson's Disease, thorough evaluation and treatment may significantly improve the quality of life for people with Parkinson's. The St. David's *Texas Step* program is designed for people who have not been diagnosed but are experiencing difficulty with gait and for people with known Parkinson's Disease who have either motor complications, autonomic problems, or a combination of increased rigidity and dementia that has made them more difficult to manage at home.

Components of the St. David's *Texas Step* program include:

Inpatient:

- Medication management
- 24-hour nursing care
- Diagnostic options
 - Apomorphine trials
 - Lumbar puncture diagnostics
 - Spinal fluid evaluation and gait analysis for normal pressure hydrocephalus
- Psychology
- Treatment of confusion and hallucination
- Music therapy
- Bowel and bladder training
- Nutrition

Inpatient and Outpatient

- Physical Therapy
 - Texas Steps therapy- big and fast movement therapy to improve gait and decrease shuffling
- Lee Silverman Voice Treatment (LSVT)® to train patients to speak loudly
- Swallowing Therapy
- Cognition Therapy
- Occupational Therapy to improve independence with activities of daily living
- Aquatic therapy
- Education

For more information, please contact Shirley Uzzell, RN, BSN, CNRN
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