

## Grange Paddocks Parkinson's Workout 30/05/24

The exercises we are doing are to promote **Neuroplasticity**. This is the rewiring of the brain to slow Parkinson's process and preserve what you have.

**Water.** Please drink plenty of water. Dehydration can cause confusion, lower blood pressure making you dizzy and stiffen muscles.

### Warm up

Core -- Neutral spine -- Postural control – Bend and touch:

<https://www.molyfit.co.uk/move-yourself-to-better-health/>

Sit to stand – Stop and Squat: <https://www.youtube.com/watch?v=5gNltKtAh08>

### Parkinsons checklist:

- Feet hip distance apart.
- Knees back, legs straight.
- Bum tight.
- Core on.
- Chest open, shoulders back. Arms Straight.
- Eyes forward, head up.

Shrugs – Shoulder blade squeeze – Arm stretch: <https://www.molyfit.co.uk/parkinsons/>

Scarf snatch: <https://www.youtube.com/watch?v=oLSvah5yqFo>

Ta-dah: <https://www.youtube.com/watch?v=AODqM3kUBPM>

Clock face – fly catch

Ball pass with big knees

Box step: <https://www.youtube.com/watch?v=b7Eg9aqlkHI>

Bands – open and close – up and over:

<https://www.youtube.com/watch?v=b7Eg9aqlkHI>

<https://www.molyfit.co.uk/parkinsons/>