

TOP 5 THINGS YOUR PT WISH YOU KNEW

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Number 1: Exercise Helps

An individualized therapy or exercise program can help increase mobility, flexibility, strength, range of motion, safety, postural stability/control, and prevent falls.

The evidence is strong - regular exercise is neuroprotective. The bottom line: Just as you wouldn't miss your medication, you should not miss a day of exercise

Aerobic
Balance
Resistance
Range of Motion
Gait training

Number 2: Small Changes = Big Difference

Treat your body as your temple. Take care of yourself. You will likely notice a drastic difference. Pay attention to the way you think.

Exercise
Avoid Toxins
Meditate
Laugh
Prioritize Sleep

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Number 3: Don't Hide

Often times, the instinct is to hide your diagnosis. Seek out resources that have a positive impact. Remember that there is strength in numbers and no one can (or should) go at this alone.

Caregiver/Spouse Support
Group Exercise
Support Groups (in person or online)
Conferences

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Number 4: Take Action now. Don't wait

You may feel that you're "not that bad" and can wait awhile to start therapy. One key principle to remember is neuroplasticity; the brain is always molding and changing based on your activities. Challenge it for the better!

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Number 5: Construct your "A" team

It takes a comprehensive, team-approach to best manage your symptoms and maximize your quality of life.

Make sure everyone is working together and communicating to optimize your care.

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THANK YOU!

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