

Safety Guidelines

This programme is designed for people with early to mid stage idiopathic Parkinson's.

If at any stage your situation changes, or the answer to any of the questions in the suitability questionnaire becomes 'yes', you must seek medical advice before continuing with any element of the program.

General exercise safety guidelines

- Any new element of physical activity should be started gently, and slowly increased in small increments. Never make large increases in effort levels, intensity or quantity, even if you feel great.
- Wear comfortable clothing that does not restrict your movement or circulation in any way.
- Check all equipment before every use for any damage. Especially check stretch bands for any wear and tear, or damage, and do not use them if any imperfections are visible.
- Listen to your body – if your heart beat feels unusually fast or strong, or irregular in any way, stop what you are doing. If it persists seek medical advice.
- Make sure you are hydrated. Especially in warm weather, drink plenty of water before, during and after exercise.
- Do not exercise for at least an hour after eating a meal.
- Try to exercise in the 'on' stage of your medication if you have one.
- Do not exercise if you have an infection.
- Ensure the environment in which you exercise is ventilated, and not too hot or cold.
- Ensure any shoes worn during exercise are suitable and safe. Try to avoid wearing old or heavy shoes for any walking or outdoor activity.
- Ensure there are no trip hazards in the area where you are exercising, particularly rugs with raised edges. And ensure the floor is not slippery or wet, and you have good grip.
- When performing standing exercises have a wall or stable piece of furniture nearby to reach for if needed, or somebody with you to stabilise you.

Safety guidelines contd...

- Never lie or kneel on a hard floor. Use a non slip exercise mat wherever necessary to protect the body.
- Always have a phone easily accessible for emergencies.
- Check the video demonstrations in the programme often to help improve your technique and use the Guidance Notes as you exercise as reminders.
- Get to know The Rate of Perceived Exertion (RPE) scale and stick to the guidelines we give in the programme.
- If you are or may be pregnant, talk with your doctor before you begin any new physical activity.

And...

Know when to stop. It is normal to feel tired and sweat when exercising but stop if anything hurts or feels painful. You should talk to your doctor if you experience any of the following when exercising: pain, nausea, light-headedness, dizziness, a tight chest, breaking into a cold sweat, or if you feel your heart missing or adding beats.

Exercise is both very safe and very beneficial for most people. However, everyone with Parkinson's is different, with symptoms & abilities varying from person to person. We have put together exercises that are suitable for people with early and mid-stage Parkinson's, but please do remember to listen to your body; so only perform these exercises if you feel confident that you are safe to do so, and consult with your medical team if you have any concerns. Please also remember to tell your health care provider if your health changes during the programme so that you can check that you are safe to continue.

The aim of this programme is to provide information of a general nature across a variety of general settings, situations, and circumstances. It is not intended as medical advice, nor is it intended to replace a one-on-one relationship with a qualified health care professional. It is offered as a sharing of knowledge and information from the research and experience of the authors.