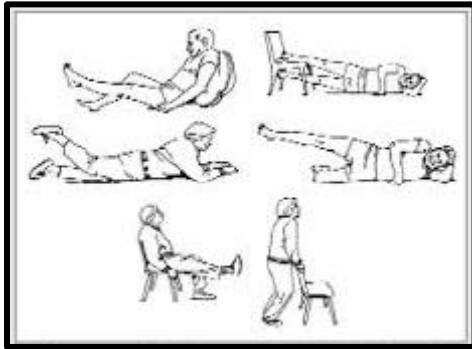


3. ALTERNATE ACTIVITIES FOR PATIENTS WITH PARKINSON DISEASE :-



a) STRAIGHT LEG RAISING

b) ANGLE LEG RAISES

c) STANDING WITH HELP OF CHAIR SUPPORT

THESE ALTERNATE ACTIVITIES ARE USED AS STRENGTHENING EXERCISES.

4. GAIT PATTERN IMPROVING TECHNIQUE :-

WALKING ON THE MARKED STEPS,

WALKING OVER THE SMALL OBSTACLES.

IMPROVES CO - ORDINATION.



Preview from Notesale.co.uk
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5. VIBRATION EXERCISES :-



THESE EXERCISES ARE DONE ON VIBRATOR PLATE MACHINE, AND ARE USEFUL FOR REDUCING STIFFNESS OF THE JOINTS.