

Physical Therapy, Rehabilitation and Sports Medicine



Parkinson's Rehabilitation Program

Recent advances in basic and clinical neuroscience research suggest that certain types of exercise may help to slow, halt or reverse the progression of Parkinson's Disease.

Exercise has a positive effect on the brain. Physical rehabilitation can help to spare, rejuvenate and slow degeneration (neuroprotection) while restoring and compensating for lost function (neuroplasticity).

Chester County Hospital's department of Physical Therapy, Rehabilitation and Sports Medicine, in association with Penn Medicine, has developed a progression of specific movements to address both the neuroprotection and the neuroplasticity of the brain. The Large Movements, as researched and designed by Dr. Becky G. Farley of the University of Arizona, are designed to gradually increase in difficulty, intensity, complexity and specificity into function as the participant progresses. Paired with the practice of everyday living, sports, recreation, exercise and movements are tailored to the individual's capability and progression. The program is progressed gradually by adding unpredictability, additional repetitions and longer holds. There are also increases in the weights, speed, distance and accuracy of exercises.

Our clinicians are specially trained in neuromuscular rehabilitation techniques and the Parkinson's Wellness Recovery (PWR) program. They work in a one-on-one setting to educate, guide and encourage participants and caregivers throughout the program. Participants are encouraged to incorporate all learned activities into their daily life and involve family and friends to gain further feedback and encouragement at home.

PROGRAM DETAILS:

One hour private therapy sessions for up to six weeks

If you are interested in taking part in the Parkinson's Rehabilitation Program, please speak with your Physician to obtain a referral. For more information, please call 610.444.6242

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MEDICAL BUILDING AT NEW GARDEN

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