

Parkinson's Disease Exercise

Parkinson's Disease (PD) Exercise Group

The PD Exercise Group meets for 6-week sessions on Tuesdays from 12:00pm – 1:00pm during the school season. Summer sessions meet from 10:00am - 11:00am on Tuesdays. This group is great for those PD patients who are independent and in need of PD-specific exercises in a group atmosphere.

The one hour class consists of group-chair stretches, walking-gait exercises and circuit training. The circuit consists of 6-8 stations of exercises specific to PD. Participants rotate stations every 2-3 minutes. The stations consist of balance, coordination, posture and strength training exercises.

Participants are supervised by a certified personal trainer.

All candidates for the class must be screened prior to their first session. Call or email Lisa for an initial assessment at 513-476-7151 or at lisacoors@coorscorefitness.com.

Parkinson's One-on-One Training Session

One-on-one sessions begin with a Fitness Assessment that includes: a medical history review, an assessment of personal goals, and biomechanical screening. PD patients are trained according to their goals and abilities. From here a thorough at-home program is designed and demonstrated during the client's sessions. Session quantity is at the discretion of the client but a 5-10 session package is encouraged to ensure results. Areas of exercise can stem from balance, flexibility, posture, gait-walking, strength training and coordination programs. Once the initial at-home program is taught, sessions will be used for PD management.