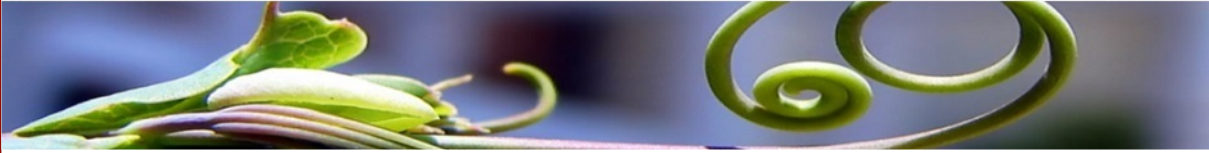


P A M E L A Q U I N N
movement consultant for people with
PARKINSON'S DISEASE



Dear friends,

Many of us suffer from falling back all too easily; and sometimes going forward can be an even bigger challenge. Here are some tips to help you both initiate and sustain movement in the right direction:

- 1. Push off of your back foot as you walk.**
- 2. Swing your foot forward in front to get a nice sized stride.**
- 3. Walk to a piece of music that gives you energy, has clear rhythm and that fits your stride length or is at a tempo that forces your stride to be a bit longer than normal. (some musical suggestions: Sousa marches, Hot Stuff from The Rolling Stones, songs from David Byrne and the Talking Heads - they all have good, clear rhythm. Square dance music is also good for establishing a rhythmic, coordinated and energetic walk!)**
- 4. Entrain with someone! Walk behind them (without getting too close); sync your stride and your rhythm with theirs. They will help carry you along if you consciously hitch a ride.**
- 5. If you start leaning too far forward with your walk, stop;**

reset; stand up straight and begin again. Reset as often as you need to.

6. Try to use your peripheral vision so that you are not always looking down. Posture and stride length are intimately connected: you cannot take healthy-sized steps if you are leaning way forward.



Marina del Castell

7. FREEZING:

a. If you have freezing problems, DON'T TRY TO GO FORWARD! Shift your weight sideways to take the weight off of one leg so it can take a step forward to start you moving.

b. Think of walking like a penguin: Move side to side to help you unfreeze.

c. Don't try to go where you want to go....go elsewhere - take a detour and then swerve around to where you're actually headed.

d. Step over lines in concrete if you're outside or lines made with painters' tape that's been put on a rug or on the floor inside. Step over them to stimulate moving.

e. There are canes that create a red laser line on the floor when you press down on them in a certain way. That's another line to step over - a visual cue - to help initiate movement.

8. WALKING IS VERY IMPORTANT. KEEP DOING IT...SAFELY. Check out Dr. Bin Hu's **Ambulosono, a music walking application for Parkinson's** at the University of Calgary. Great Program.

A note from Dr. Bin Hu - "I have read some of your excellent notes and thank you for doing this for the community. Ambulosono is now an international network involving hundreds of patients from 5 different countries. We are interested in hearing from patients and therapists who are interested in participating."

Click **here** to view Dr. Bin Hu's video *Ambulosono* (Honorary Mention - World Parkinson video competition, 2013)

9. Whenever you walk, MAKE SURE TO LEAD WITH YOUR FEET, NOT WITH YOUR TORSO.

10. Nordic walking poles can help with balance and coordination. Give them a try. Don't be bashful!

11. ADD YOUR OWN IDEAS to help you.



Spring Forward!

Pamela Quinn

For more information visit my **website**

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