



Physician Release

Participant Name: _____

Is being referred by me to participate in the
"The Climb" Parkinson's Exercise Program

Medical Precautions: _____

Comorbidities:

NIDDM

Depression

IDDM

Metabolic Disorder

HTN

Cancer

High Cholesterol

Polycystic Ovary

Cardiovascular Disease

Pulmonary Disease

specify _____

specify _____

Sleep Apnea

History of CVA

Digestive Disorders

Renal Disease

BMI **25-29**

30-39

40+

I certify that the person listed above meets the inclusion criteria of "The Climb" Exercise Program (see listing of "The Climb" List of Exercises). This person is under my continued medical care.

Physician Signature _____

Date: _____



THE CLIMB LIST OF EXERCISES

1) WARMUP AND COOLDOWN EXERCISES

- a) **STRETCHING**-Seated hamstring, seated thigh, wrist, arm, shoulder, neck (side to side, up and down). Some of these are done on the floor on mats.
- b) **STRENGTHENING**-Arm circles, running in place, jumping jacks, leg swings assisted by chair, squats assisted by chair.
- c) **BREATHING AND VOICE**-Much the same as breathing in YOGA or Pilates. Voice exercises involving practicing volume and pronunciation.

2) MAIN EXERCISES FOR THE DAY

- a) **Big Movement/Loud Voice exercises** (led by therapist certified with Lee Silverman Big Movements/Voice Therapy). These are exercises geared for the Parkinson patient. They are done standing and seated. We provide assistance when needed, and we encourage the PWP to bring their spouse/friend to spot and assist.
- b) **Agility and Walking exercises** (These involve the use of agility ladders and stride poles.) Footwork is stressed when working on the ladders-pick up your feet and don't shuffle. Always done with a spotter and assistance. Stride poles (Zidy sticks) are used to regain arm swing. The sticks are also used in some arm exercises.
- c) **Cardio exercises** - These exercises involve the use of treadmills, elliptical machines, recumbent bikes, and BOSUs mainly, sometimes running in place, jumping jacks, and jump ropes are used but only by those capable under the help of a spotter.
- d) **Delay The Disease Exercise program** - David Zid is the original creator of exercise for Parkinson's patients. (We are also licensed by Delay the Disease and have a working relationship with David Zid, CPT and Jackie Russell, RN, BSN, CNOR of DTD.)
- e) **Weight Training** involves the use of resistance bands, free weights, weight machines, weighted balls, chin-up and pull-up bars. (These would be used under the supervision of our trainers, each workout geared to the abilities of the individual.)
- f) **Guest Trainers** - From time to time we have guest trainers come in to lead our classes to inject some change and learn new ways to accomplish the same goal. They include Martial Arts, Yoga, Pilates, and Dance instructors.

Presently our program is led by various certified health-related professionals who often have specialized training and certifications with working with the Parkinson's population. Each participant is evaluated and signs a waiver before they begin the program. We do our best to supply the needed exercise to help the PWP's have a better quality of life and a better outlook on life as well. We have several trustworthy volunteers to assist along with the spouses/friends of the PWP's. To date we have no injuries incur at any of our classes other than possible soreness associated with exercise.

