

**SESSION I PARKINSONS DISEASE & MOVEMENT
DISORDER SOCIETY: NELLORE (PDMDS Nellore)**

Date: 7.7.18

**Venue: Axon Neuro Care Centre, Ramamurthy Nagar,
Nellore.**

Topic: Introduction to Parkinson's disease

Under guidance of: Dr. Bindu Menon

Coordinator: Ms Deepa Ramalingam 9963665543

Physiotherapist: Dr. Shalini 9642211600

Introduction:

Patient introduction was done at first session.

A brief introduction about the Parkinsons Disease & Movement Disorder Society (PDMDS) was explained to the Patients With Parkinson's (PWPs). PWP's were explained about Parkinson's disease. An open discussion about the symptoms of Parkinson's was discussed.

Physiotherapy:

During this first session, an introduction to physiotherapy was given to the PWP's. Under this, the following were explained.

- Benefits of exercise in Parkinson Disease.
- Safety measures during exercise.
- Duration of exercise.

As a beginning of the Physiotherapy the following were taught to the PWP's.

- Posture Correction.
- Controlling Tremors:
- Gait Training:
- Turning:
- Freezing:



