

SESSION 13 PARKINSONS DISEASE & MOVEMENT DISORDER SOCIETY: NELLORE (PDMDS Nellore)

Date: 29.09.2018

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

Topic: Speech Therapy

Leg strengthening and Balance.

Under guidance of: Dr. Bindu Menon

Coordinator: Ms Deepa Ramalingam 9963665543

Physiotherapist: Dr. Shalini 9642211600

This session is also a recap session of Speech therapy and Leg strengthening and balance. it started with Warm up exercises. Leg strengthening exercises were explained and did practically by the patients with the help of care givers and volunteers. Also exercises were taught to improve the clarity of speech, increase the volume of speech and to make simpler sentences instead of long one. Facial exercises were also taught to the PWP's on expressions. The session ended with Cool down exercises. Handouts on Speech therapy and leg strengthening were given to the PWPS.







