

Session – 3 PARKINSONS DISEASE & MOVEMENT DISORDER SOCIETY: NELLORE

PDMDs Nellore

Date: 21.7.18

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

Topic: Problems of Everyday living & Occupational Therapy.

Under guidance of: Dr. Bindu Menon

Coordinator: Ms Deepa Ramalingam 9963665543

Physiotherapist: Dr. Shalini 9642211600

Started with: Warm Up

Suggestions and tips given to handle difficulty in

- Writing
- Dressing
- Eating
- Bathing and Toileting

Other problems to handle:

- Using a phone
- Bed Mobility

- Movement in the house
- Walking towards a bed or chair
- Getting inside a four wheeler

Ended with: Cool down Exercise.





