

# REHABILITATION FOR PEOPLE WITH PARKINSON'S DISEASE AND OTHER MOVEMENT DISORDERS



## TREATMENT AND RECOVERY

Individuals with Parkinson's Disease (PD) may experience challenges with cognition and physical mobility related to their disease. This may result in a decline in their quality of life and difficulty carrying out their daily routine. Recent research indicates that individuals with PD have the potential for regaining independence through participation in a rehabilitation program.

Braintree Rehabilitation Hospital has a specialized inpatient rehabilitation program to address the needs of patients with PD and other Movement Disorders. This program allows the Movement Disorders Team to monitor each patient's functional status and progress through direct observation, performance on standardized measures, and patient/family report. Board-certified neurologists utilize this information to make adjustments to optimize the patient's individual medication regimen. This close monitoring and quick response to adjust medications allows for optimal outcomes. Our program offers a seamless transition from acute hospitalization through inpatient and outpatient rehabilitation to home.

Analysis of the research of Parkinson's Disease reveals that people with PD who participate in rehabilitation can improve walking speed, step length and activities of daily living. In addition, the literature shows rehab participants gaining flexibility, strength and becoming more fit.

## THE MOVEMENT DISORDERS TEAM CONSISTS OF:

- Board certified neurologist who specializes in movement disorders
- Staff neurologists
- Neurology fellow
- Registered nurse
- Occupational therapists
- Physical therapists
- Speech language pathologists

**BRAINTREE**

REHABILITATION HOSPITAL

A FIVE STAR  QUALITY CARE HOSPITAL

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## THERAPEUTIC OBJECTIVES:

- Facilitate medical progress 24 hours a day
- Improve balance, flexibility, strength, & endurance
- Increase functional mobility status & ability to perform self-care tasks
- Enhance functional communication skills
- Achieve a greater understanding of the disease process through various educational materials
- Facilitate a self-management approach to maximize independence

## SPECIAL FEATURES:

- Patient participation in weekly medical rounds with Movement Disorder specialist, staff neurologist, neurology fellow, and members of therapy team
- Patient participation in standardized outcome measures specific to PD
- Movement Disorders Group, focusing on improving flexibility, balance, and physical mobility
- Dysarthria Group for people with PD, focusing on increasing communication skills
- Manage swallowing function through diet modifications and use of compensatory strategies
- Psychologist available to assist with emotional adjustment



“The therapists were excellent and inspirational! I have been transformed from a Parkinson’s patient to a ‘normal’ human being who happens to have Parkinson’s.”

Movement Disorder Program Participant

For more information about Braintree Rehabilitation Hospital’s inpatient, outpatient and wellness programs for people living with PD, call **781-348-2500**.