



11th Annual Meeting of the
Genetic Epidemiology of Parkinson's Disease (GEOPD) Consortium
&
3rd International Parkinson's Disease Symposium



7-8 October 2016 at Campus Belval, Luxembourg

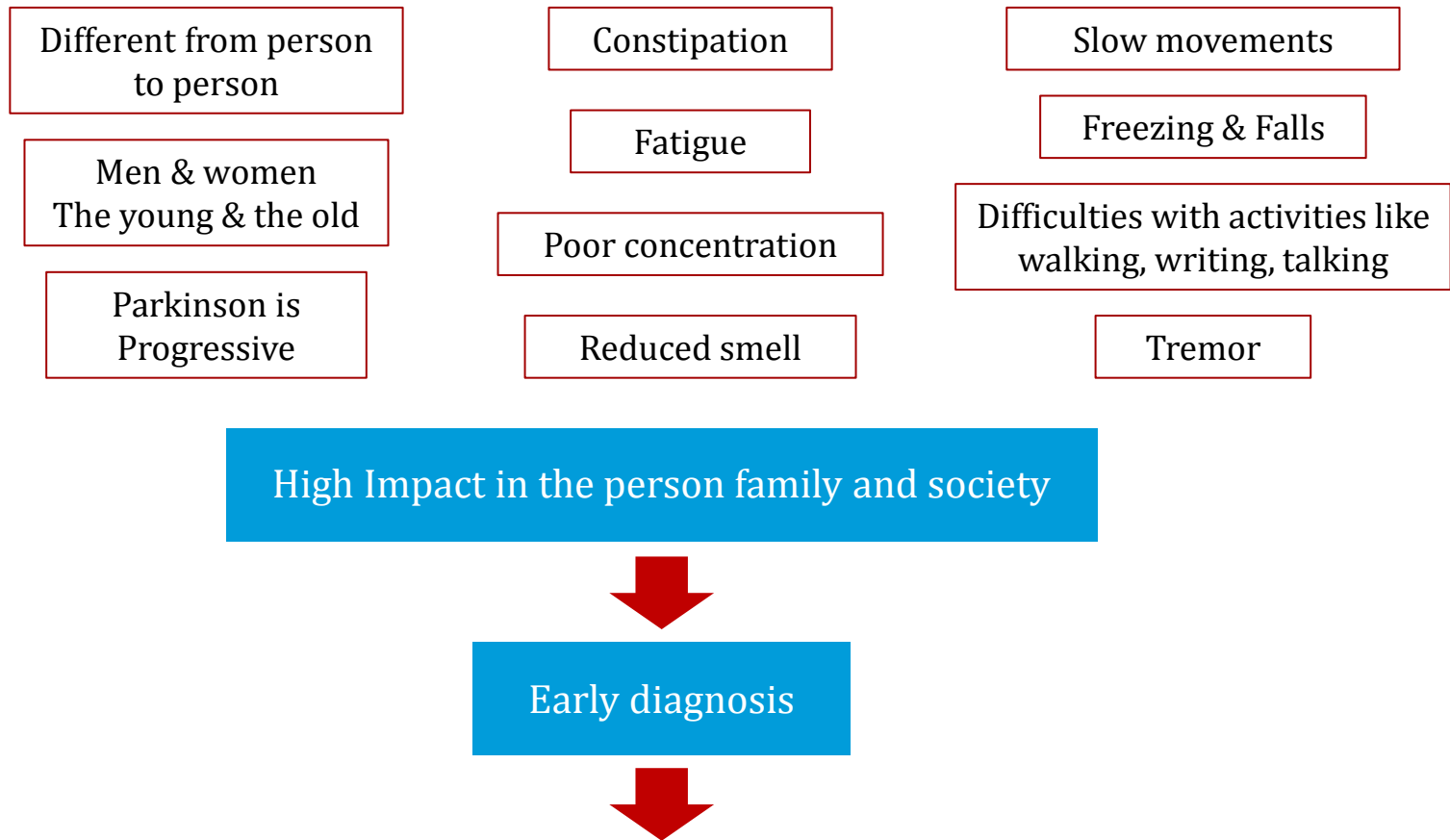
MULTIDISCIPLINARY APPROACH TO PD CARE

ILLUSTRATION OF PARKINSON'S
SPECIFIC PHYSIOTHERAPY

Mariella Graziano,
President, Association of Physiotherapists
in Parkinson's Disease Europe

8.10. 2016

The complexity of Parkinson's Disease



The variability and complexity of PD require an individualised approach taken by a Specialised Multidisciplinary Team (MDT)

MDT with specific expertise in Parkinson's

NEUROLOGIST - SPEECH THERAPIST - OCCUPATIONAL THERAPIST – NURSE -
GASTROENTEROLOGIST - DIETICIAN - PSYCHIATRIST - PHARMACIST - GENERAL
PRACTITIONER – NEUROSURGEON - PHYSIOTHERAPIST - ...

**SELF-
MANAGEMENT**



**EXPERT IN
HIS OWN
PARKINSON'S**

What does the physiotherapist offers ?

Research based practice certified by continuous training supported by the European Physiotherapy Guideline for Parkinson's



- ▶ Working in Partnership with the PWP
- ▶ Individualised programs according to disease stages
- ▶ Functional outcome measures defined with the person

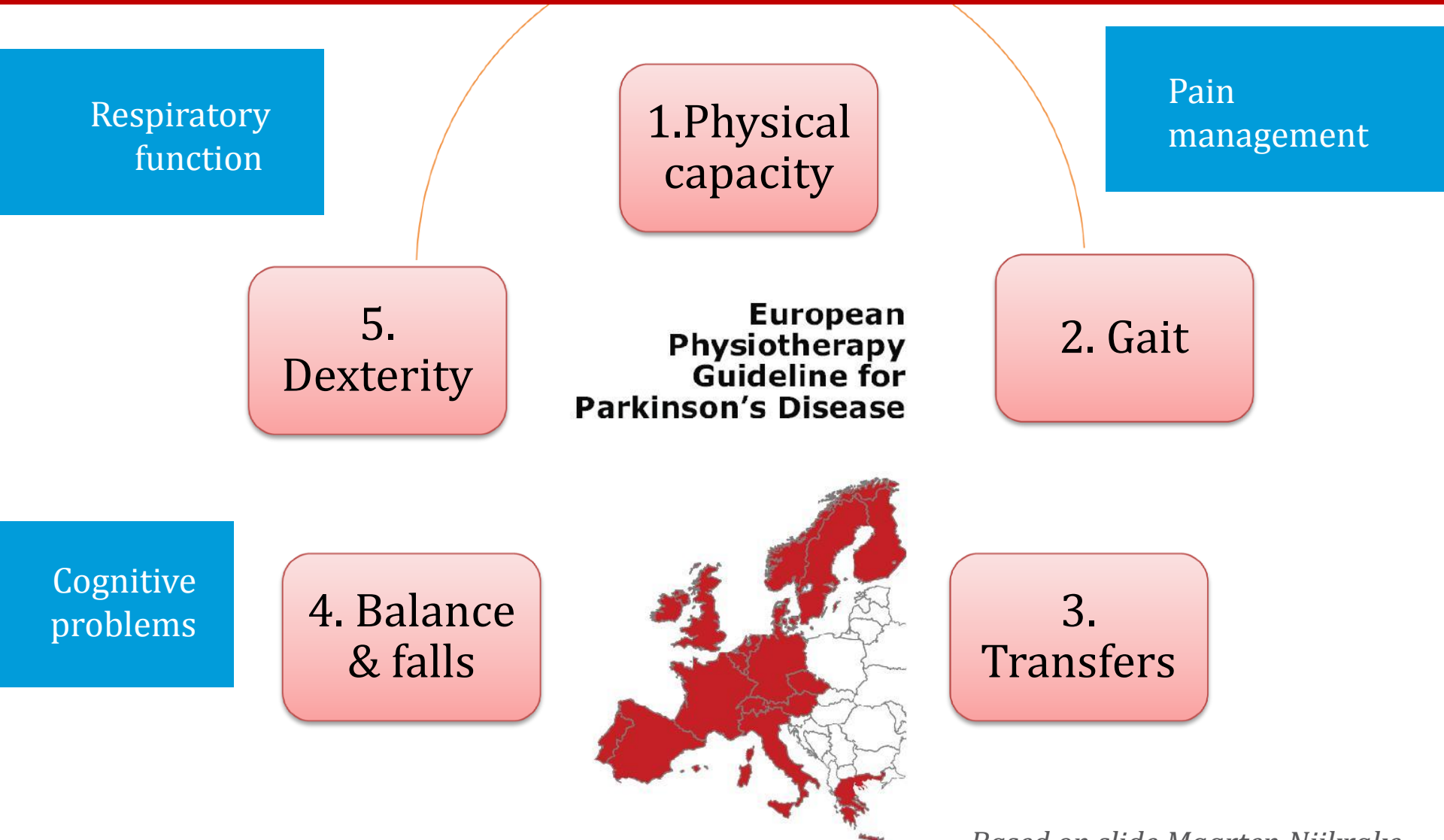
Interventions based on Parkinson's neuro-pathology, including strategies to manage reduced automaticity

▶ Cueing – Visual, auditory, tactil

▶ Performing movement sequences, like getting up from the floor

EDUCATION AND ADVICE SINCE THE MOMENT OF DIAGNOSIS

CORE Physiotherapy AREAS in Parkinson's



Based on slide Maarten Nijkrake

Example of PWP and Physiotherapy Partnership

Alex is a fighter and he is determined to overcome his daily mobility difficulties

Functional goals set with Alex

Gait

To walk at a comfortable rhythm with symmetrical steps
using auditory cues

Functional goals set with Alex

Dexterity

To encourage bilateral use of hands by working on posture/trunk/hands using auditory and proprioceptive cues

Functional goals set with Alex

Balance

Transfers

To get up from the floor concentrating on each step
of the movement sequence

Functional goals set with Alex

Physical
capacity

To perform a daily exercise programme according to Alex's preferences and talents.

Functional goals set with Alex

Transfers

To travel to work by car, motorcycle or scooter.

THANK YOU – MERCI - DANKE