

PARKINSON'S SENSORIMOTOR PROGRAM

(King LA, Horak FB, 2009)

TAI CHI

1. Prayer wheel
2. Cat Walk
3. Cloud hands
4. Part the wild horse's mane
5. Repulsing the monkey

KAYAKING

Kayaking stroke: diagonal trunk rotation, with reciprocal forward arm extension and backward arm retraction

1. Sit in chair with pole - count 20 strokes
2. Sit on dyna disc – put on sunglasses, increase weight of pole and make a grocery list as stroke 20 times
3. Stand – further block vision, increase weight of pole, and verbally count from 1 to 100 by 5 as stroke 20 times

AGILITY

Agility consists of multi-segment coordination, quick changes in direction, and mobility in tight spaces

1. High knees – high amplitude stepping with hand slapping knees – count 20 steps out loud
2. High knees while tossing ball between hands – 20 steps each leg
3. Lateral shuffle – quick lateral steps 10 right, 10 left, 4 left, 4 right, 10 right, 10 left
4. Lateral shuffle – 10 right while counting backward from 10 to 1, 10 left while counting backward from 20 to 10
5. Tire course – step into each of 8 tires as quickly as possible
6. Tire course – step into each of 8 tires as quickly as possible while counting by 3's
7. Grapevine – side step cross in back 5x to right and 5x to left
8. Grapevine – side step cross in back 5x to right while turning head to right and 5x to left while turn head to left

BOXING

Boxing consists of anticipatory postural adjustments & corrections, fast arm and foot motions

Jab – short, straight punch from shoulder

Cross: power punch, with trunk rotation, leading arm crosses midline

Hook: short, lateral punch, with elbow bent and wrist twisted inward, trunk rotation

1. With feet in lateral stance
 - a. 5 jabs alternating right and left arms
 - b. 5 crosses alternating right and left arms
 - c. 5 hooks alternating right and left arms

2. With front back stance – right foot forward, left foot back – pivot on back foot as you perform rapid punches with right arm (2 jabs, 2 crosses, 2 hooks, etc) for 15 seconds
3. Reverse above
4. Walk backward in a circle with combination punches alternating arms (1 jab right, 1 jab left, 1 cross right, 1 cross left, 1 hook right, 1 hook left) for 30 seconds
5. Try #4 again while reciting the pledge of allegiance

LUNGES

Lunges consist of big steps, stepping for postural correction, limits of stability

1. Large lunge steps like a clock - right goes from 12:00 to 6:00, left goes from 6:00 to 12:00, then reverse, left goes from 12:00 to 6:00 and right goes from 6:00 to 12:00
2. Put on sunglasses - with left foot on foam pad – take large lunge steps with right to 12:00, 2:00, and 4:00 while swing arms reciprocally
3. Repeat #2 with right foot on foam pad and swinging arms reciprocally
4. On foam mat alternate right and left lunges 5 each foot with reciprocal arm swing
5. On foam mat stand holding ball overhead with sunglasses and recite a nursery rhyme