

Rehabilitation and Parkinson's Disease



Pam Triano, PT, NCS
Stanford Health Care
Neuroscience Health Center
June 25, 2026

Rehabilitation Interventions in Parkinson's Disease

- ▶ Physical Therapy
- ▶ Occupational Therapy
- ▶ Speech Language Pathology (SLP)/ Speech Therapy

Rehabilitation Interventions in Parkinson's Disease

- ▶ Physical Therapy:
 - Muscle Weakness
 - Limited Range of Motion (ROM)
 - Motor Control (abnormal movements and incoordination)
 - Balance
 - Walking (Gait)
 - Risk for Falling

PT Interventions

- ▶ Early Intervention:
 - Start PT early to learn personalized PT program
 - Focus on Mobility, Posture, Balance, Exercises, Aerobic activities
- ▶ Consider Fall Prevention and Home Safety
 - (SHC Farewell to Falls)
- ▶ Learn about equipment options as needed
- ▶ Explore Community Resources

PT Interventions

Freezing of Gait (FOG):

What is freezing?

- ▶ Freezing is the temporary, involuntary inability to move.
- ▶ Freezing can occur at any time. For example, your feet may seem to stick to the floor, or you may be unable to get up from a chair.
- ▶ It is not completely clear why some people with PD experience freezing of gait and others do not
- ▶ The particular triggers for one person may be different than for another.

[Freezing of Gait & Parkinson's Disease | American Parkinson Disease Association](#)

PT Interventions (for FOG)

- ▶ Visual and Auditory Cues
- ▶ U-Step Walker
- ▶ LaserCane



The U-Step 2 Walker



The LaserCane

Rehabilitation Interventions in Parkinson's Disease

► Occupational Therapy:

- Muscle Weakness
- Fine Motor Control
- Incoordination
- Activities of Daily Living (ADLs) Ex: getting dressed
- Instrumented ADLs (iADLs) Ex: using a telephone
- Adaptive Equipment
- Vision/Perception
- Driving abilities

Rehabilitation Interventions in Parkinson's Disease

- ▶ SLP:
 - Dysphagia (difficulty swallowing)
 - ▶ Swallow studies with X-ray if needed (MBSS)
 - Dysphonia (voice changes)
 - Cognition
 - Memory

Resources



<https://parkinsons.stanford.edu>

In-Person PD Exercise Classes (Northern and Central CA)

<https://med.stanford.edu/parkinsons/northern-california-resources/exercise-classes.html>

Online PD Exercise Classes (presented live)

<https://med.stanford.edu/parkinsons/exercise-therapies/live-exercise-classes.html>

PD Exercise Videos

<https://med.stanford.edu/parkinsons/exercise-therapies/exercise-videos.html>

More Resources

Fall Prevention Classes (Northern and Central CA)

<https://med.stanford.edu/parkinsons/northern-california-resources/fall-prevention-classes.html>

Strong for Life Classes (on Peninsula; not PD-related)

<https://med.stanford.edu/parkinsons/northern-california-resources/stanford-pd-resources/strong-for-life.html>

Benefits of Exercise and PT for PD

<https://med.stanford.edu/parkinsons/exercise-therapies/exercise.html>

Fall Prevention Info (some PD-specific, some general)

<https://med.stanford.edu/parkinsons/exercise-therapies/fall-prevention.html>

And More Resources

Benefits of Speech/Voice Therapy for PD

<https://med.stanford.edu/parkinsons/exercise-therapies/speech-voice.html>

Online Voice/Speech Therapy Classes for PD

<https://med.stanford.edu/parkinsons/exercise-therapies/speech-voice.html>

Benefits of Occupational Therapy for PD

<https://med.stanford.edu/parkinsons/exercise-therapies/staying-independent.html>

Still More Resources

▶ [Wellness Classes | Stanford Health Care](#)



Doctors & Providers

Clinics & Locations

Conditions & Treatments

Patients & Visitors ▼

MyHealth ▼

Wellness Classes

Take Care of Your Mind and Body

Our wellness classes focus on balance, strength, and relaxation. These classes also give you a way to connect with others who have similar experiences.

Classes are free and open to the community. All ability levels are welcome.

A dark purple rectangular graphic with a blurred image of a plant. The text "NEUROSCIENCE WELLNESS CLASSES" is centered in white, all-caps, sans-serif font.

NEUROSCIENCE
WELLNESS CLASSES

Questions?

Thank You!

[Outpatient Neurologic Rehabilitation Program | Stanford Health Care](#)