

# PARKINSON'S EDUCATIONAL RESOURCES



**A PHYSICAL THERAPIST, WHO SPECIALIZES IN PARKINSON'S SHARES IMPORTANT TECHNIQUES TO ASSIST WITH DAILY LIVING.**

## ✓ **Walking**

Learn how to walk with bigger steps and improve control of your freezing. Turn with improved stability.

## ✓ **Transfers**

Learn how to move with less difficulty when getting in or out of bed, chair or a car.

## ✓ **Walkers**

Learn about different kinds of walkers and how to use them.

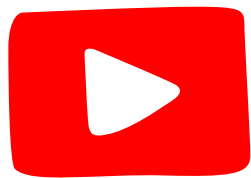
## ✓ **Caregivers**

Learn how to use a gait belt and how to safely assist someone with each type of transfer, such as bed mobility, chair transfers and floor transfers.

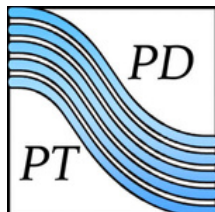
## ✓ **Balance**

Feeling unsteady? Learn what may be causing it and how you can improve your steadiness.

## ✓ **Role of Physical Therapy**



**YouTube.com/  
@ParkinsonsPT**



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