Parkinson’s Disease Program

Our skilled team of experts includes certified Parkinson Wellness Recovery – physical therapists, and SPEAK OUT!® – certified speech therapists who work one-on-one with patients to help combat symptoms.

Our therapists will:
• Implement research-based, Parkinson’s Disease–specific exercises with you
• Explain the rationale behind these exercises and how they are specialized to the symptoms of Parkinson’s Disease
• Provide you with home exercise programs to ensure consistent carry over to your everyday life
Treatments may include:

- Performing tests to assess and design treatment plans to address your specific deficits
- Combinations of aerobic, balance, and strength based training to challenge your body and your symptoms
- Large amplitude, high velocity movements which have been shown in the research to decrease the common Parkinson’s Disease symptoms of slow movements, stiffness, and tremors
- A series of speech, voice and cognitive exercises to strengthen the muscles used for speaking and swallowing
- Providing resources for local community fitness options for those with Parkinson’s Disease after discharge from physical therapy

LOCATIONS:

**Physical Therapy – Greece**
2655 Ridgeway Ave
Ste 320
Rochester, NY 14626
P 585.368.6600
F 585.368.6601

**Physical Therapy – Clifton Springs**
2 Coulter Rd
Clifton Springs, NY 14432
P 315.462.9561
F 315.462.0381