

PHYSICAL THERAPY & REHABILITATION



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

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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

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