

Parkinson's Disease Program at JFK University Medical Center

Exercise is Medicine

Parkinson's Disease is a movement disorder that affects numerous aspects of an individual's life including motor and non-motor functions. The JFK Johnson Rehabilitation Institute offers comprehensive services for individuals with Parkinson's Disease that encompass medical evaluation and therapeutic intervention, as well as cutting-edge approaches to improving and maintaining function. Each person is treated individually with a customized treatment plan that assesses physical performance and functional ability with the goal of maximizing independence at home and in community settings.

Our Parkinson's Disease program provides a multi-professional consultation by a team that includes a physiatrist (Doctor of Rehabilitative Medicine), a physical therapist and a speech language pathologist. This comprehensive visit provides you with an opportunity to be evaluated by skilled professionals for the purpose of determining which services are most beneficial to your condition.

Exercise comes in three key forms, each of which are impacted by Parkinson's disease:

- Physical Exercise – the most common form of exercise is physical. Simply moving your body or parts of your body may be construed as exercise, or taking walks, riding bikes, treadmills, working with a trainer, Rock Steady Boxing
- Mental Exercise – meditation, word games, math puzzles, games, therapy
- Speech Exercise – Speech therapy, singing

Parkinson's Disease Services at JFK Johnson Rehab

- [ParkinSINGS](#)
- [Physical Medicine and Rehabilitation Physicians](#)
- [Comprehensive Individual Physical and Occupational Therapy](#)
- [Speech Language Pathology for Swallowing, Communication and Cognitive Treatment](#)
- [LSVT LOUD®](#) – Speech treatment to improve vocal loudness through a systematic hierarchy of exercises
- [Loud for Life®](#) – Weekly voice exercise class that challenges patients' cognitive, communication and motor skills
- [SPEAK OUT!®](#) – Speech, voice and cognitive exercises that place emphasis on speaking with intent
- [The LOUD Crowd®](#) – Maintenance program providing support, encouragement and accountability to patients
- [Rock Steady Boxing Program](#) – High-intensity, non-contact exercise program that challenges the brain and empowers patients
- [LSVT BIG®](#) – Exercise protocol that teaches how to use bigger movements automatically for daily living.
- Orthotic and Wheelchair Clinics
- Post therapy group wellness classes (JFK Health & Wellness Center)