



# Parkinson Disease

# Freezing of Gait

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## What is Freezing of Gait?

A brief, sudden stop in motion when beginning to walk

“Feeling stuck when trying to walk”

One of the most common reasons for falls and reliance on a caregiver or family member



## Do you have Freezing of Gait?

The Freezing of Gait Questionnaire is attached below. Take a few minutes to answer the questions. A higher score means an increase of Freezing of Gait.

## What are the Triggers for Freezing of Gait?

- Walking in crowded environments
- Walking through a narrow doorway
- Making turns
- Stepping over objects
- Changing types of surfaces
- Switching attention between tasks



## Strategies to Overcome Freezing of Gait

While walking:

- Come to a complete stop to prevent a fall
- March in place
- Count out loud or in head, or sing a rhythmic song
- Direct next step to a target on floor/ground (real or imaginary target)
- Move in a different direction (backwards or to the side)

When making turns:

- Concentrate on turning in a large circle using the whole body
- Use the “clock turn” strategy → Focus on stepping on the numbers of the clock to make a turn

## Treatments at Home with Caregiver/Family Support

Keep to a daily practice routine

Mark lines on floor

Add pieces of tape to the floor every 14-20 inches to take bigger steps

Can add metronome and step to the beat

Laser pointer

Use the laser pointer to help restart your steps and take bigger steps

Shine the laser and try to step on the light



Use the “clock turn” strategy as a visual

Imagine you are the center of the clock and focus on stepping on the numbers of the clock as you make a turn

Metronome or music therapy

Use a metronome and take a step on every beat

Wear headphones when walking and use the Parkinsounds app or listen to music and take a step on the beat

Verbal cuing

Have a caregiver/family member tell you to take a bigger step

Add cognitive challenges while walking

Walk while saying the letters of the alphabet or counting by odd/even numbers

Attend therapeutic dance, boxing, or tai chi classes



# Assistive Devices with Laser Projection

Laser Cane

<https://www.ustep.com/>

\$199-230



U Step 2 Walking Stabilizer

<https://www.ustep.com/>

\$575-879



## How can Physical Therapy Help?

- ❑ Challenging exercise in a safe environment, under the supervision of a PT, to decrease the stress of daily activities and make them easier.
- ❑ Instruction in strategies to overcome Freezing of Gait
- ❑ Teaching ways to recover from falls
- ❑ Get you moving safely!



## Parkinson Programs in Roanoke

### Carilion Wellness

[www.carilionwellness.com](http://www.carilionwellness.com)

Outpatient: Lee Silverman Voice Treatment (LSVT) BIG and LOUD Therapies

LSVT LOUD improves voice and speech

LSVT BIG uses bigger, full-body and limb movements to make daily activities easier

Treatment consists of:

16 sessions (4 consecutive days a week for 4 weeks)

Individual one-hour sessions

Daily homework

Daily carryover exercises

Referrals require a physician order for physical, occupational, and/or speech therapy as needed

### Boxing at Carilion Wellness Helps Individuals with Parkinson Disease

[https://www.wsls.com/news/boxing-helps-patients-with-parkinsons-disease-at-carilion-wellness\\_20170413102103239](https://www.wsls.com/news/boxing-helps-patients-with-parkinsons-disease-at-carilion-wellness_20170413102103239)

### Carilion Wellness Parkinson's Exercise Program

<https://www.carilionwellness.com/parkinsons-exercise-program>

## Events

### Roanoke Support Group PD Event - June 1st 2018

Location: Sheraton Roanoke Hotel and Conference Center  
2801 Hershburger Road NW, Roanoke, VA 24017

Phone: (540) 563-9300

Time: Friday, June 1st from 9am-1:30pm

Cost: \$15.00 per person includes all day beverages with fruit and choice of boxed lunches

Connect with other individuals with Parkinson Disease in the Roanoke Valley, medical professionals, exercise specialists, and local/national Parkinson's organizations

Reserve your spot by emailing the Roanoke PD Support Group at [parkinsonsyahgroup@gmail.com](mailto:parkinsonsyahgroup@gmail.com)

## Support Groups in the Roanoke Valley

### Roanoke Parkinson's Support Group

[parkinsonsyahgroup@gmail.com](mailto:parkinsonsyahgroup@gmail.com)

Meets every 3rd Tuesday of the month  
from 2-4pm

The Rebos Club

4231 Garst Mill Road, Roanoke, VA 24018

Contact: Eric Anderson

(540) 721-1994

[ParkinsonsYAHgroup@gmail.com](mailto:ParkinsonsYAHgroup@gmail.com)

### Roanoke Parkinson's Support Group in the Roanoke Valley (Caregiver)

<http://roanokeparkinsonsgroup.org/index.php/for-caregivers/>

Meets on the 2nd Friday of the month from  
10-11:30am

Colonial Avenue Baptist Church

4165 Colonial Avenue, Roanoke, VA 24018

Contact: Susan Young

(540) 797-4130

[ParkinsonsYAHgroup@gmail.com](mailto:ParkinsonsYAHgroup@gmail.com)

Add "caregiver" in the subject  
line





## Virginia Resources

**Virginia Commonwealth University  
Parkinson's Movement Disorders Center**

<https://parkinsons.vcu.edu/>

**University of Virginia Movement Disorders**

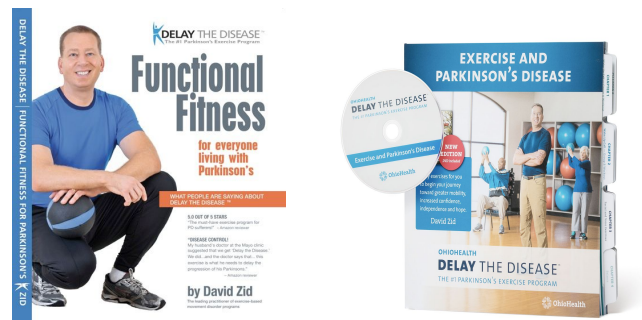
<https://neurosciences.uvahealth.com/services/parkinsons-movement-disorder>

## Books and DVDs

### Delay the Disease

[www.delaythedisease.com](http://www.delaythedisease.com)

2 Book/DVD sets that are focused on exercise and Parkinson's, as well as functional training with Parkinson's. Includes step by step exercise demonstrations based on OhioHealth Delay the Disease.



### Parkinson's Disease and the Art of Moving with John Argue

<http://www.johnargue.com/>

A book that explains how to incorporate movement into your daily routine.  
2 DVDs/digital downloads of the Art of Moving and Activities of Daily Living.



## National Resources

### Parkinson's Foundation

<http://www.parkinson.org/>

### American Parkinson Disease Association

<https://www.apdaparkinson.org/>

### The Michael J. Fox Foundation

<https://www.michaeljfox.org/>

### The Davis Phinney Foundation

<https://www.davisphinneyfoundation.org/>

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