



Move It! An Exercise and Movement Guide for Parkinson's Disease

Kevin Lockette

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Move It! is an indispensable guide for individuals with Parkinson's Disease and their caregivers.

Move It! is the first publication of its kind! It is a complete movement, exercise and resource guide for people with Parkinson's Disease. The book includes:

- Overview of physical symptoms;
- Medication review in easily understandable terms;
- Techniques and tricks for improved mobility including bed mobility, transfers, & walking;
- Anti-freezing techniques that really work;
- Adaptive devices for easier everyday living;
- Complete exercise programs specific for Parkinson's Disease; -Exercise programs for all physical levels (beginner, intermediate and advanced); -Complete guide and exercise program for flexibility;

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