

# MOVEMENT CLASSES FOR PEOPLE WITH PARKINSON'S

Helping to improve balance, walking, hand function and speech.

Excellent for improving confidence and general well-being. Classes are run by fully qualified specialists in neuro-rehabilitation.

Also specialising in Stroke, Cerebral Palsy, SDR pre & post-operative rehabilitation, MS and Head Injuries.



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# Movement Classes for Individuals with Parkinson's

Many people with an acquired neurological condition receive medical help and management at a point of crisis but regular therapy is available only for a relatively short time.

We offer holistic and integrated rehabilitation services that are timely, preventative and outcome-focused and targets the person as a whole.

We believe that the availability of adequate information, advice and support is vital from the point of diagnosis -

- preventing social isolation
- paving the way to a quicker recovery
- delaying deterioration in the case of progressive conditions

The earlier adequate support is in place, the greater the potential for individuals to manage their condition and take charge of their own recovery.

## By regular attendance we can help with:

- Bradykinesia (slowness of movement)
- Dyskinesia (side effect of medication)
- Rigidity
- Tremor
- Freezing
- Lack of facial expressions
- Micrographia

## Our specifically designed programmes:

- Improve concentration.
- Improve strength and stamina.
- Improve health and general wellbeing.
- Improve mobility, co-ordination, dexterity and fine manipulation.
- Improve breathing, speech and communication skills.
- Increase motivational levels. Increase self-esteem and boosts confidence.
- Provide natural pain relief for muscle spasms and joint pains.
- Contribute to significantly reducing stiffness by maintaining and improving range of movements.
- Increase independence.
- Delay the need for nursing/care.
- Provide training and guidance for family members and carers.
- Provide a comprehensive support system for the whole family.