



*With a doctor's referral a  
Physical Therapist can:*

- *Evaluate your gait, strength, flexibility, balance and safety*
- *Prescribe individual exercise and activity plan*
- *Recommend other VAMC resources and therapies that can help you reach your goals*

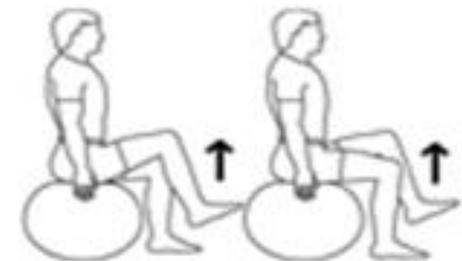
## On the move with Parkinson's Disease



### SEE A PHYSICAL THERAPIST

Your doctor will need to send a consult request to the Physical Therapy Department for your Evaluation and Treatment. Contact the PT dept. at (804) 675-6588. M-F 8am – 4 pm

**ON THE MOVE WITH  
PARKINSONS  
DISEASE & other or  
multiple, medical  
concerns.**



**WORKING  
TOGETHER**

**McGuire  
PHYSICAL  
THERAPY  
DEPARTMENT**

## Symptoms of Parkinson's Disease:

- Tight muscles, slow movements
- You may feel weak/fatigued
- Tremors, pain, difficulty walking
- Difficulty with balance, coordination
- Decreased reaction time
- Impaired posture



### **PHYSICAL THERAPY CAN HELP**

*Reduce pain, Improve Balance, Coordination and Posture, Promote safety at home and decrease fall risk, Increase flexibility*

*Enhance Quality of Life*

*“We are committed to working to improve your overall ability to move about safely.”*

*- McGuire Physical Therapist*



Your Physical Therapist will work with you and/or your significant others to help determine which of our services best meets your needs. Your therapist will help guide you to achieve the goals you set together to improve your quality of life and overall improve your functional mobility. And yes, as always, there is going to be a home exercise plan tailored to your needs.

## Our Treatments for Moving about can include:

- Assessment for walking aides
- Assistive technology or adaptive sports referral
- High intensity aerobic exercise
- Obstacle navigation
- High level balance with audio and visual feedback



*WE EVALUATE AND TREAT THOSE needing hospital inpatient and OUTPATIENT CLINICAL SERVICES.*