

# Essential Moves for Daily Living

**Life Beyond Barriers Rehabilitation Group**

Presented by Haley Zietz, MS, OTRL, CBIS &  
Anna Semelbauer, PT, DPT



# Speaker Disclosure Statement

Both Anna and Haley have no financial disclosure or conflict of interest associated with the information in today's presentation.

# Objectives

- Review common motor challenges associated with Parkinson's Disease that impact daily function.
- Understand techniques and exercises used to address challenges associated with Parkinson's Disease related to completion of activities of daily living.
- Increase knowledge of potential exercise options and strategies to improve safety and efficiency with mobility-related activities of daily living and instrumental activities of daily living.

# Common motor challenges associated with Parkinson's Disease

- Rigidity
- Bradykinesia
- Incoordination
- Automaticity

# Sit to Stand Transfer





# Tips

- Scoot forward
- Sit up tall
- Hinge forward at hips while reaching forward to achieve “nose over toes”
- Push through legs
- End with standing tall and squeeze glutes



# Bed Mobility





# Exercises/ Movements



# Ambulation

## Common factors impacting ambulation

- Decreased trunk rotation
- Limited arm swing
- Shuffling steps
- Forward flexed posture





# Ambulation

Tips to remember!

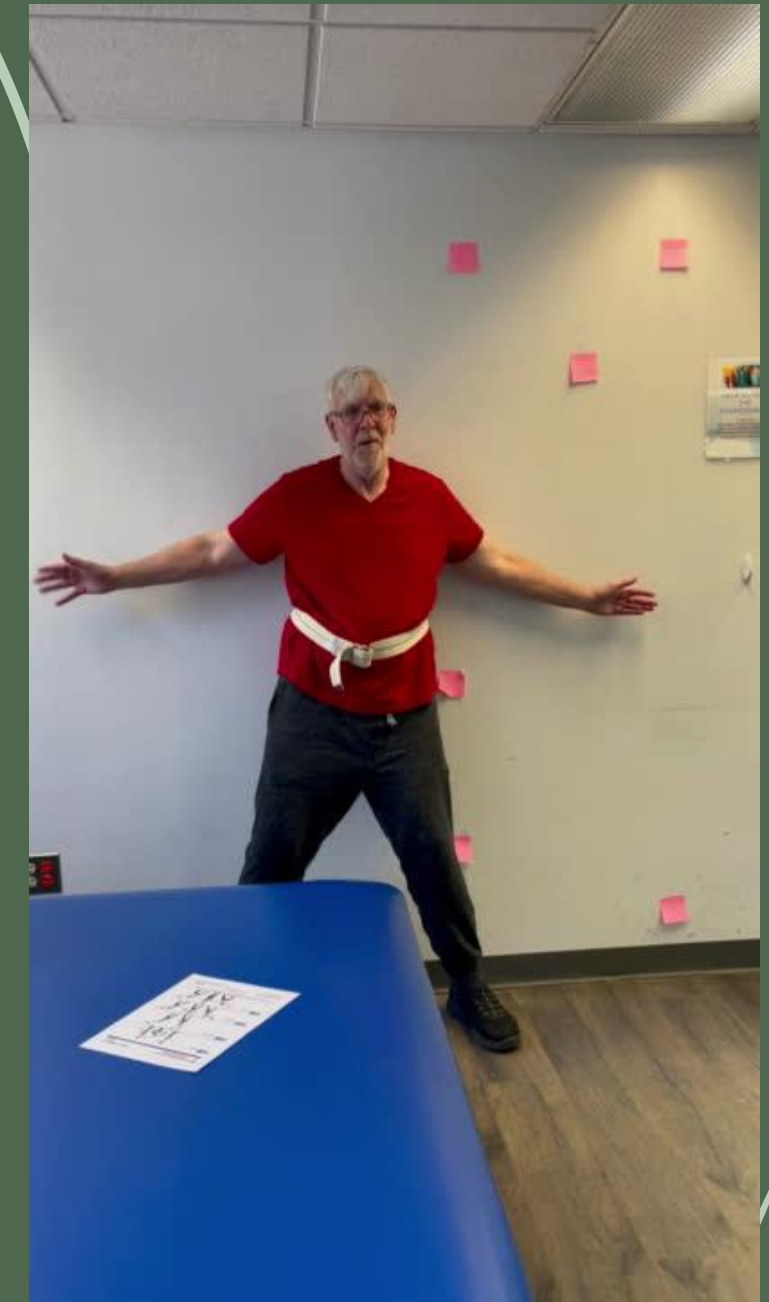
- Start with poles early to learn coordination of movement and maintain arm swing
- Think “BIG” steps and arm swing
- Look up, not at your feet



# Moving in tight spaces



# Exercise Ideas





# Dressing



# Tips

- Large, intentional reaching into sleeves
- Aim for tall, upright posture
- Finger flicks prior to attempting fasteners





# Reaching



# Tips for reaching

- Large, intentional reaches
- Think “BIG” step forward towards reach
- Stabilize self with one hand on counter if needed
- Squeeze glutes to stay tall

# Thank you!

(And a special thanks to our  
video star, Ron!)