Co-morbidities and Exercise with Parkinson’s Disease (COPE) Exercise Manual

This program is organized into 6 “themed” stations done like a circuit to address the specific difficulties that a person with Parkinson’s encounters.

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<tr>
<th>Station</th>
<th>Goal</th>
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<tr>
<td>Tai Chi</td>
<td>Improve balance and ability to shift weight</td>
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<tr>
<td>Kayaking</td>
<td>Improve flexibility of trunk and shoulders</td>
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<tr>
<td>Agility Course</td>
<td>Work on fast, BIG movements and coordinate arms and legs</td>
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<tr>
<td>Boxing</td>
<td>Quick movements, shoulder and arms to improve power</td>
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<tr>
<td>Lunges</td>
<td>Improve ability to take a BIG step to help with balance, increase leg strength</td>
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<tr>
<td>Pilates</td>
<td>Work on getting on/off floor, getting out of a chair, bed mobility and general flexibility</td>
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Each station is done for 5-10 minutes and the entire program can be completed in 60 minutes.
Safety Protocol for doing this Exercise Program on your own:
Thank you for participating in this study. These exercises were chosen because of their specific and targeted difficulty for people with Parkinson’s disease. So, versus other ordinary exercises, there is a greater risk of falling when doing these exercises alone.

Your cooperation in following our safety protocols for this program is very important. These protocols are for your personal safety as you learn and master the activities. At the conclusion of this study, participant safety will help determine the program’s overall success and chances for promotion as a viable exercise program. We believe this program shows great potential, but its safety will ultimately determine its applications and utility. From the outset then, we ask that you follow these safety guidelines.

Do only what you feel comfortable and confident you can do safely.
- Stop immediately if any exercise or activity causes pain, makes you dizzy, nauseous, ill or if you become unusually fatigued. Notify your physical therapist and/or doctor. Moderate amounts of fatigue and/or muscle soreness following exercise are normal and can be anticipated.
- All exercises should be done wearing shoes and socks. Never do any of the exercises in only socks, as this increases the chance for slips and falls.
- Be aware and careful for tripping hazards. Remove all throw rugs in exercise areas before starting your exercise program. Watch for problems such as thresholds, changes in lighting and floor covering between rooms, and pets.

In the Event of Injury:
If you feel that the injury requires medical attention, call your own doctor or 911 immediately.

Please record any injuries, falls or comments (including illnesses or travel that could impact your ability to participate) below:

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Station 1: Tai Chi: Level 1
Task: Prayer Wheel Weight shifts
Directions:
1) Stand with your feet shoulder width apart and knees slightly bent
2) Shift all of your weight to your right leg and turn your left foot out 45 degrees
3) Shift all of your weight to your left leg
4) Hold onto a wall or a chair as you lift or slide your right foot forward and place
5) Shift your weight forward onto the right foot
6) Shift your weight backward onto the left foot
7) Continue to shift forward and backward for several minutes. Then repeat sequence with the left foot forward.

*Please circle how many minutes you did this exercise. If you did not exercise, leave the date blank
Station 1: Tai Chi: Level 2:
Task: Basic Cat Walk
Directions:
1. Starting position: Right leg in front with foot position straight ahead and the left leg is behind with your foot at 45 degrees
2. Shift your weight forward to your right foot; then backward to your left foot.
3. After your weight is on your left foot, rotate your right foot out.
4. Shift your weight forward onto your right foot and lift or slowly move your left foot straight forward without losing your channel (open stance).
5. Place your left heel on the floor first, relax your foot on the floor with it aligned straight ahead
6. Now shift your weight forward onto your left leg.

Take small steps initially but increase your step size as your balance improves. Also slow down and exaggerate the shifting and stepping as able.

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*Please circle how many minutes you did this exercise. If you did not exercise, leave the date blank*
**Station 1: Tai Chi: Level 3**
**Task: Cat Walk with hands**

Directions:
1. Starting position: Right leg in front with foot position straight ahead and the left leg behind with your foot at 45 degrees. Keep your weight over your back leg.
2. Hold an imaginary ball in front of the left hip with your right hand under the ball.
3. Sowing seeds (left to right) with right hand and part the horses’ mane with the left hand as you shift your weight forward onto your right leg.
4. As you shift your weight back, rotate your forward foot (right) 45 degrees out and turn your right palm down.
5. Shift your weight forward: bring the left hand and left foot forward. Your foot should land heel/toe with your toes pointed straight forward just as the left hand is coming under the ball and place it under the imaginary ball (just in front of the right hip).
6. Now sow the seeds from right to left.

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*Please circle how many minutes you did this exercise. If you did not exercise, leave the date blank*
Station 2: Kayaking: Level 1
Task: learn basic kayaking motions in a seated position
Directions:
1. Sit in a stable chair and make sure that you keep your best upright posture.
2. Hold onto the paddle (use a cane or stick) with your hands spaced wider than your shoulders.
   a. Use your arms, trunk and shoulders to create each stroke. Greatly exaggerate the movement for 5 min. Focus on trunk rotation.
   b. Basic stroke: Dip low, pull high: alternate right and left sides
   c. Add trunk rotations: Dip low; turn trunk and head to same side as paddle; pull high and look upwards towards paddle (head should rotate with trunk and arms)

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Station 2: Kayaking: Level 2
Task: learn basic kayaking motions in a standing position
Directions:
1. Stand on a firm surface and make sure that you keep your best upright posture.
2. Hold onto the paddle (use a cane or stick) with your hands spaced wider than your shoulders.
   a. Use your arms, trunk and shoulders to create each stroke. Greatly exaggerate the movement for 5 min. Focus on trunk rotation.
   b. Basic stroke: Dip low, pull high: alternate right and left sides
   c. Add trunk rotations: Dip low; turn trunk and head to same side as paddle; pull high and look upwards towards paddle (head should rotate with trunk and arms)

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Station 2: Kayaking: Level 3  
Task: learn basic kayaking motions on an unstable surface and do dual task activity  
Directions:  
1. Stand on a pillow and make sure that you keep your best upright posture.  
2. Hold onto the paddle (use a cane or broom) with your hands spaced wider than your shoulders.  
   a. Use your arms, trunk and shoulders to create each stroke.  
      Greatly exaggerate the movement for 5 min. Focus on trunk rotation.  
   b. Basic stroke: Dip low, pull high: alternate right and left sides  
   c. Add trunk rotations: Dip low; turn trunk and head to same side as paddle; pull high and look upwards towards paddle (head should rotate with trunk and arms)  
3. While you are kayaking: add a cognitive task  
   (examples: list places that you have traveled, name the months of the year backwards, name as many words as you can that start with letter B)  

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Station 3:
**Agility: Level 1**

**Tasks:**

1) **Walking**
2) **Sideways walking**
3) **Tire jogs**

**Directions**

1) **Walking:** Walk for 10 min. Think about taking Big steps and swinging your arms
2) **Sideways walking:**
   a. Hold onto the countertop and walk to the left and then to the right
   b. Focus on taking Big steps and keeping your toes pointed straight
3) **Tire jogs:** Use post it notes on the floor to help with your foot placement. Step in, in, out, out.
   a. Hold onto the countertop
   b. Focus on taking Big steps

*Please circle how many minutes you did this exercise. If you did not exercise, leave the date blank*
Station 3: Agility: Level 2

Tasks:
1. Walking
2. Sideways walking
3. Tire jogs

Directions
1. Walking: Walk for 10 min. Think about taking Big steps and swinging your arms
   a. Add head turns: look to the left as you walk forward for several steps; then look to the right as you walk forward for several steps.
   b. Do this once every minute
2. Sideways walking:
   a. Hover your hands over the countertop and walk to the left and then to the right
   b. Focus on taking Big steps and keeping your toes pointed straight
3. Tire jogs: Use post it notes on the floor to help with your foot placement. Step in, in, out, out.
   a. Hover your hands over the countertop
   b. Focus on taking Big steps

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Station 3: Agility: Level 3

Tasks:
1. Walking
2. Sideways walking
3. Tire jogs

Directions
1. Walking: Walk for 10 min. Focus on taking Big steps and swinging your arms  
   a. Add head turns: look to the left as you walk forward for several steps; then look to the right as you walk forward for several steps:  
      Do this once every minute  
   b. Add a cognitive task: Come up with boys names starting with letter A and working through the alphabet, name different flowers  
2. Sideways walking: Hover your hands over the countertop and walk to the left and then to the right  
   a. Focus on taking Big steps and keeping your toes pointed straight  
   b. Add a cognitive task: List basketball teams, Name as many farm animals as you can  
3. Tire jogs: Use post it notes on the floor to help with your foot placement. Step in, in, out, out. Hover your hands over the countertop  
   a. Focus on taking Big steps  
   b. Add a cognitive task: List as many cities as you can in Oregon, count up by 4s,

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Station 4: Boxing: Level 1
Task: Perform basic boxing moves from a seated position
Definitions:
- **Jab punch**: A quick punch and pull back of the arm; the elbow should go fully straight and your shoulder and trunk should follow the bunch.
- **Cross**: Diagonally thrown punch; allow your trunk to follow the cross.
- **Hook**: Back arm swings to target with trunk and hip rotation. Hook comes from waist height and aims to the opponent’s face.

Directions:
1) Sit in a firm, stable chair with upright posture. Try not to use the back of the chair for support.
2) Do the Cross combo: 2 jabs with right arm, 1 cross with left arm. Switch arms after 1 minute.
3) Do the Jab/Cross/Hook combo: 3 jabs, 1 cross, 1 hook with left arm. Switch arms after 1 minute.

Jab

Hook

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Station 4: Boxing: Level 2
Task: Perform basic boxing moves from a standing position
Definitions:
   * **Jab punch**: A quick punch and pull back of the arm; the elbow should go fully straight and your shoulder and trunk should follow the punch
   * **Cross**: Diagonally thrown punch; allow your trunk to follow the cross
   * **Hook**: Back arm swings to target with trunk and hip rotation. Hook comes from waist height and aims to the opponent’s face

Directions:
1) Stand with a wide stance and one foot slightly forward. Pivot on back foot as you punch. Change feet half way through the session.
2) Do the Cross combo: 2 jabs with right arm, 1 cross with left arm. Switch arms after 1 minute
3) Do the Jab/Cross/Hook combo: 3 jabs, 1 cross, 1 hook with left arm. Switch arms after 1 minute

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*Please circle how many minutes you did this exercise. If you did not exercise, leave the date blank*
Station 4: Boxing: Level 3
Task: Perform basic boxing moves while you are moving
Definitions:
  - **Jab punch**: A quick punch and pull back of the arm; the elbow should go fully straight and your shoulder and trunk should follow the bunch
  - **Cross**: Diagonally thrown punch; allow your trunk to follow the cross
  - **Hook**: Back arm swings to target with trunk and hip rotation. Hook comes from waist height and aims to the opponent’s face
Directions:
1) Stand with a wide stance and one foot slightly forward. As you punch: walk forwards. Make sure you keep the speed of punching fast as you move.
2) Do the Cross combo: 2 jabs with right arm, 1 cross with left arm. Switch arms after 1 minute
3) Do the Jab/Cross/Hook combo: 3 jabs, 1 cross, 1 hook with left arm. Switch arms after 1 minute

*Please circle how many minutes you did this exercise. If you did not exercise, leave the date blank*
Station 5: Lunges: Level 1
Tasks:
1. Corrective stepping: forward and sideways
2. Clock stepping

Directions
1. Corrective steps: stand on a firm surface and hold onto a chair or countertop
   a. Forward correction lunges: Stand with feet hip width apart. Lean forward from ankles until a step is needed to keep from falling; take a big step. Do in front of couch or bed.
   b. Sideways correction lunges: Stand with feet together. Lean sideways from ankles until a step is needed to keep from falling; take a big step. Do this near a couch or bed.
2. Clock stepping: stand on a firm surface and hold onto a chair or countertop
   a. Lunge in multiple directions starting in one position. (Start with Right foot doing 12, 2, 4 and 6; then the left foot doing 12, 10, 8, and 6)

*Please circle how many minutes you did this exercise. If you did not exercise, leave the date blank*
Station 5: Lunges: Level 2

Tasks:
1. Corrective stepping: forward and sideways
2. Clock stepping

Directions
1. Corrective steps: stand on a firm surface, wearing sunglasses
   a. Forward correction lunges: Stand with feet hip width apart. Lean forward from ankles until a step is needed to keep from falling; take a big step. Do in front of couch or bed.
   b. Sideways correction lunges: Stand with feet together. Lean sideways from ankles until a step is needed to keep from falling; take a big step. Do this near a couch or bed.

2. Clock stepping: stand on a firm surface, wearing sunglasses
   a. Lunge in multiple directions starting in one position. (Start with Right foot doing 12, 2, 4 and 6; then the left foot doing 12, 10, 8, and 6)

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*Please circle how many minutes you did this exercise. If you did not exercise, leave the date blank*
Station 5: Lunges: Level 3

Tasks:
1. Corrective stepping: forward and sideways
2. Clock stepping

Directions

1. Corrective steps: stand on a firm surface, wearing no-body glasses and doing cognitive task
   a. Forward correction lunges: Stand with feet hip width apart. Lean forward from ankles until a step is needed to keep from falling; take a big step. Do in front of couch or bed.
   b. Sideways correction lunges: Stand with feet together. Lean sideways from ankles until a step is needed to keep from falling; take a big step. Do this near a couch or bed.
   c. List of cognitive tasks: Count up by 7s, list the days of the week forward and backward, list as many fruits as you can

2. Clock stepping: stand on a firm surface, wearing no-body glasses and doing cognitive task
   a. Lunge in multiple directions starting in one position. (Start with Right foot doing 12, 2, 4 and 6; then the left foot doing 12, 10, 8, and 6)
   b. List of cognitive tasks: List as many states as you can, come up with girls names starting with letter A and working through the alphabet

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## Station 6: Pilates

<table>
<thead>
<tr>
<th>Tasks for Pilates</th>
<th>Repetitions</th>
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<tbody>
<tr>
<td>Sit to Stand</td>
<td>5x</td>
</tr>
<tr>
<td>Get to Floor if possible</td>
<td>1x</td>
</tr>
<tr>
<td>Bridging</td>
<td>5 sec hold x 5</td>
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<tr>
<td>Body Rolling</td>
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</tr>
<tr>
<td>- Hip Roll AND Shoulder Release</td>
<td>3x each side</td>
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<tr>
<td>- Hip Roll</td>
<td>3x each side</td>
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<tr>
<td>Arrow</td>
<td>5 sec hold x 5</td>
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<tr>
<td>On hands knees:</td>
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<tr>
<td>Cat Camel OR Bird Dog</td>
<td>3x each side</td>
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<tr>
<td>Stand from floor</td>
<td>1X</td>
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### Sit to stand
Directions: Stand all the way up from a chair and then sit all the way down in a chair. Try to control your movement so that you do not plop back into the chair. Repeat 5 times.
Get to the floor
Directions:
1. Sit or stand with knees wide apart
2. Place one hand on the floor, close to same side foot
3. Then place other hand on the floor, a little further out
4. Begin to transfer weight to floor, over hands by leaning forward or lifting hips upwards off chair
5. Gently put one knee on the floor, and then lower the other knee to floor
6. Roll to or set down onto hip
7. Then roll rest of the way onto your back.
8. Relax a moment, you’re there!

Bridges
Directions:
1. Lie on your back, on the floor, knees bent, your feet on the floor.
2. Tighten buttocks as you lift hips off ground: hold for 5 seconds
3. Relax and roll spine back floor (think “ribs, waist, and hips”)
4. Repeat 5 times

Body rolling: Hip rolls
Directions
1. Lie on your back with both of your knees bent and your feet resting on the ground.
2. Lower knees to the right and rotate head to the left
3. Bring knees back up and then lower knees to the left as you rotate your head to the right
4. Continue to alternate sides: repeat 3 times each side
**Body rolling: Shoulder release**
Directions:
1. Lie on your side with your knees and hips bent.
2. Straighten your arms out in front of you.
3. Slide the top arm over the bottom arm and reach back behind you as far as you can: make sure that you watch your hand with your eyes.
4. Repeat 3 times on each side.

---

**Arrow**
Directions:
1. Lie on your stomach with forehead resting on floor or folded towel. You can use a pillow under your stomach if this position hurts your low back.
2. Place your arms at your side: palms up.
3. Lift your arms up towards the ceiling: squeezing your shoulder blades down and back: hold for 5 sec.
4. Repeat 5 times.
**Cat Camel**
Directions:
1. Roll over onto your hands and knees
2. Arch your back up towards the ceiling as you lift your belly in and relax your head and pelvis down (camel)
3. Let your stomach hang down toward the floor and lift up chest as you tilt your hips downward (cat)
4. Repeat 3 times

**OR**

**Bird dog**
Directions:
1. Roll over onto your hands and knees
2. Lift and extend your right arm and left leg: keep back flat and think about lengthening your back
3. Hold for 5 sec
4. Lower leg and arm and alternate your left arm and right leg
5. Repeat 3 times
**Stand up:**

**Directions:**
1. You should still be on your hands and knees from the above exercise
2. Place both hands on the floor or chair
3. Bring one foot forward so your knee is at a 90 degree bend
4. Lean forward over your forward knee
5. Draw other foot forward
6. Walk your hands up your body
7. Stand up

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*Please circle how many minutes you did this exercise. If you did not exercise, leave the date blank*
Overall, how hard did you work out?

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*Please place a number in the chart above based on the chart below indicating how difficult the exercises were that you just performed. If you did not exercise, leave the date blank

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<tr>
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<td>2</td>
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<td>9</td>
<td>Really, really hard</td>
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<td>Just like my hardest race</td>
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