

[PDF] Delay The Disease -Exercise And Parkinson's Disease

Rn, BSN, David Zid, Jackie Russell, CNOR, Photography - Joanne Adams, BFA, CMI - pdf download free book

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Description:

Review Karen Thomas, D.O., Assistant Professor of Neurology and Director of the Movement Disorder Division of The Ohio State University Medical Center The development of this exercise program has been invaluable to my patients. I stress the multifactional approach to PD and emphasize that staying active and exercising daily absolutely must go hand-in-hand with medicine treatment. This program allows a guided approach that focuses on the specific exercise needs of persons with PD. --Dr. Karen Thomas, DO

Dr. Deb Kegelmeyer, DPT, MS, GCS, Assistant Professor of Clinical Allied Medicine at The Ohio

State University Medical Center and a physical therapist who has 23 years experience specializing in the treatment of Parkinson's disease. I highly recommend this manual to individuals with PD in any stage of the disease. My patients who participate in the program feel great satisfaction with their improved mobility and enhanced independence. --Dr. Deb Kegelmeyer, DPT, MS, GCS

About the Author David Zid is a graduate of The Ohio State University and has been a professional fitness instructor in Columbus, Ohio since 1997. He is the owner and president of Columbus Health Works, a personal training company that he started in 1999. As an energetic coach for hundreds of clients and other personal trainers, he has developed a special interest in the older adult client. Currently, he donates his time as the creator and leader of a group exercise class specifically designed for people with Parkinson's disease.

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