Motor Symptoms Co-Management: Occupational Therapy and Neurology

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Meet the Presenters

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NIH Grant Support

- R25NS108939 University of Florida R25 Early Research Program for Neurology and Neurosurgery Residents
- R01NS096008 The Human Thalamocortical Network in Tourette Syndrome
- R01NR014852 Mobile Decision Support System for Nurse Management of Neuromodulation Therapy 1NS072897
- R34MH080764 Scheduled and Responsive Brain Stimulation for the Treatment of Tourette Syndrome
Learning Objectives

1. Participants will learn the 4 motor symptoms most often associated with Parkinson’s.

2. Participants will learn strategies for managing Parkinson’s motor symptoms.

3. Participants will learn how the physician, the therapist and the PWP can integrate the recommendations for better function and improved quality of life.
4 Cardinal Motor Symptoms of Parkinson’s

**Tremor:** Shakiness of hands, legs, chin

**Bradykinesia:** Slowness

**Rigidity:** Stiffness

**Postural Instability:** Balance changes
Poll

What is your most challenging motor symptom?

- Tremor
- Bradykinesia
- Rigidity
- Postural Instability
Majority of people experience tremor at rest

Shakiness of hands, legs, chin

Typically affects one side of the body, initially

May fluctuate throughout the day & from day to day

SYMPTOMS OF TREMOR
Tremor

• What will **the neurologist** do to help?

• How will **the OT** help you manage your tremor?

• What does tremor **feel like to someone with Parkinson’s**?
Coping with Tremors: Take Home Tips

Remember 20% or more PWP may have medication resistant (or partially medication resistant) tremor; in these cases, consider DBS.

Tremors fluctuate; manage emotional and physical stressors to the best of your ability.

Manage stress. Meditation, exercise, talking with friends and taking time for your hobbies can lesson tremor.
Bradykinesia

Symptoms of Bradykinesia:

- Daily tasks may take longer
- Slowness
- Difficulty initiating movements
- Stillness or decrease in facial expression
Bradykinesia

• How does the neurologist help you with bradykinesia?

• What does the OT say about managing bradykinesia?

• What does bradykinesia feel like when you have Parkinson’s?
Coping with Bradykinesia: Take Home Tips

Plan to take your medications an hour before tasks that require fine dexterity.

Allow extra time to accomplish tasks.

Improve slowness and dexterity by shuffling and dealing cards and tracing a design with a friend.
Rigidity

SYMPTOMS OF RIGIDITY

Stiffness throughout the body

Can occur in one or both sides of the body

May cause pain or cramping (dystonia)

May cause pain or cramping (dystonia)
Rigidity

• How can the neurologist help you with rigidity?

• What suggestions can the OT offer to manage rigidity?

• What does rigidity feel like to someone with Parkinson’s?
Coping with Rigidity: Take Home Tips

Medication on time every time.

Warm up then stretch the muscles before putting them to work.

Stretch frequently, try seated yoga, focus on gait and arm swing and frequently practice handwriting.
Postural Instability

- Can lead to falls
- Balance changes
- Reluctance to participate in activities
Postural Instability

• What can the neurologists do to address my postural instability?

• What tips does the OT have to manage my postural insta

• What does postural instability feel like to someone with Parkinson’s?
Coping with Postural Instability: Take Home Tips

- Do not depend solely on medications but integrate consistent, year-round therapy.
- Minimize multitasking when you are walking; focus on walking and moving safely.
- Use a balance board, walk with big steps & with confidence.
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This webinar is recorded for on-demand viewing and will be available within a week of the live event. These Recordings will be available in Spanish a few weeks post-webinar.

SLIDES
Download webinar slide deck via link in the chat.
Symptom Management: Is it PD, Medication or Aging?

Tuesday, March 9th
1pm ET
Exploring Non-Motor Symptoms:
Neuropathy, Fatigue, GI Issues
Ellen Walter, NP
Steven Swank, PharmD, BCACP

Tuesday, April 20th
1pm ET
Mental Wellbeing and Memory
Gregory Pontone, MD, MHS

These EBs will be available in Spanish on: ‘Canal en Español’ YouTube channel

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New episodes every other *Tuesday* featuring Parkinson’s experts, treatments, techniques and research.
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Get the resources and information you need to start living a better life with Parkinson’s.
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**Medications: A Treatment Guide to Parkinson’s Disease**
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**Promotional Image:**
- **Podcast:** Substantial Matters
- **Fact Sheets:**
- **Medications:** A Treatment Guide to Parkinson’s Disease

**Additional Information:**
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- **Fact Sheets:** Available for download, physical copy or purchase on Kindle.
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Aware in Care Kit
The Aware in Care kit is filled with life saving tools and information to help a person with Parkinson's during a planned or unplanned hospital visit. Find kit options at Parkinson.org/AwareinCare

PD Health @ Home
The Aware in Care kit is filled with life saving tools and information to help a person with Parkinson's during a planned or unplanned hospital visit. Find kit options at Parkinson.org/PDHealth

National Helpline
Specialists answer calls about all aspects of Parkinson's in addition to helping you locate your local PD trained allied health professional therapist.

1-800-4PD-INFO
Helpline@Parkinson.org
Mon- Friday 9 am to 8 pm ET

PDGENEration
Parkinson's Foundation's national initiative that offers genetic testing for relevant Parkinson's-related genes and counseling at no cost.

Parkinson.org/PDGeneration

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