



## ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

is a private, physical therapist-owned outpatient physical therapy clinic specializing in neurologic, orthopedic, and vestibular conditions.

All patients are evaluated by a licensed physical therapist.

We guarantee to see you for an initial evaluation in 24-48 hours.

We have early morning and late evening hours for convenient scheduling.

We accept and are in-network with most insurance companies, including PPO's, HMO's, Medicare, Tricare, and Workers' Compensation.

Conditions we evaluate and treat include, but are not limited to:

- Neck & back injuries/pain
- Arthritis
- Vertigo
- Sprains/Strains
- Parkinson's Disease
- Fractures
- Multiple Sclerosis
- Tendonitis
- Gait & balance disorders
- Bursitis
- Peripheral neuropathy
- Stroke
- Sports injuries
- Carpal Tunnel Syndrome
- Work-related injuries
- TMJ disorder/pain
- Nerve injuries / disorders
- Joint replacements
- Cervicogenic headaches
- Orthopedic surgeries



## ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

*This brochure is compliments of:*

**ADVANCED PHYSICAL THERAPY & HEALTH SERVICES**  
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[www.apths.com](http://www.apths.com)

## What is Parkinson's Disease?



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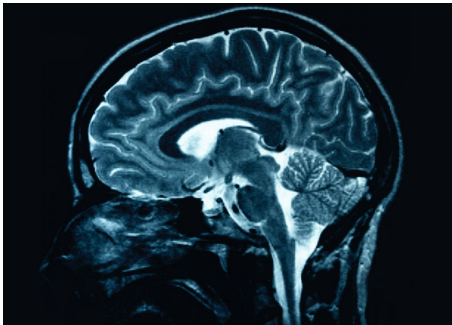
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# Parkinson's Disease

## What is Parkinson's Disease?

Parkinson's Disease (PD) is a progressive, degenerative disorder of the central nervous system. It is characterized by the progressive loss of dopamine in the brain. There are approximately 1 million Americans currently diagnosed with PD, and perhaps 3-4 million undiagnosed.

Symptoms may include resting tremor, rigidity, bradykinesia (slowed movements), postural instability/ imbalance, problems with walking (including shuffled walking or freezing), difficulty initiating movements, smaller handwriting, and softer speech. Every person is affected differently with PD. It is important to note that having any *one* of these symptoms does *not* mean you have PD. It is recommended you see a neurologist or movement disorder specialist if you suspect PD.



## Is there treatment for Parkinson's Disease?

Yes. If diagnosed with Parkinson's Disease, it is important to be examined by a neurologist or movement disorder specialist. Your physician will provide you with the best medical therapy. Typical treatment includes medication to help manage the symptoms of PD. It is critical to take your medications at the appropriate times as prescribed by your physician.

Your physician may also recommend physical therapy to either prevent or improve with problems associated with walking, balance, and daily activities.

For certain people, surgical treatments may be an option. Consult your physician.



## Now that I have been diagnosed with Parkinson's Disease, what should I expect?

People live very fulfilling and active lives with PD. You do not die of PD. Many people continue to be active just as they always have, playing golf, tennis, dancing, swimming, vacationing, playing with their grandchildren, and continuing with very active social lives.



In fact, it is critical to stay as active as possible.

Regular appointments with your neurologist are important for monitoring your symptoms and managing your medications. Regular exercise is necessary for maintaining mobility, endurance, and posture. A physical therapist may advise you on a proper home exercise program.

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