

# SETTING UP FOR SUCCESS SAFE EXERCISE AT HOME:

**APDA NATIONAL REHABILITATION RESOURCE CENTER**

**CENTER FOR NEUROREHABILITATION**

**BOSTON UNIVERSITY, SARGENT COLLEGE**

**FOLLOW THE CENTER FOR NEUROREHABILITATION AT BU:**

**TWITTER: @NEUROREHABBU**

**FACEBOOK: @CNRBOSTON**

**INSTAGRAM: @NEUROREHABBU**



**AMERICAN  
PARKINSON DISEASE  
ASSOCIATION**

**Strength in optimism. Hope in progress.**

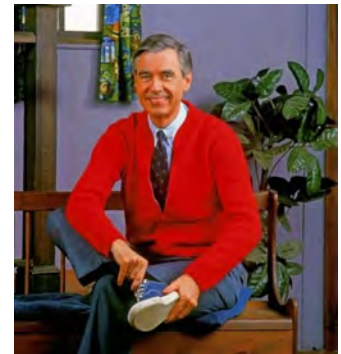


# EXERCISER

Everyone is different, but we have some things in common:

## General recommendations

- Footwear
- Clothing
- Other Aids
  - Hearing aids
  - Glasses
- Hydration



# EXERCISER

Choose a remote exercise class at a time that works for you:

What works for you?

- Best time of day
- Medication schedule



# ENVIRONMENT: SPACE

Where could you have the space to exercise?



# ENVIRONMENT: SURFACE

Within your space, consider the surface...



# ENVIRONMENT: SURFACE CAUTIONS

- Check the floor and support surface
- Clear clutter or anything which could contribute to tripping



# ENVIRONMENT MODIFICATIONS: FLOOR EXERCISE



- Do you have space?
- Comfortable surface?
- Safe for you to transition on/off the floor?



# ENVIRONMENT MODIFICATIONS: CHAIR EXERCISE

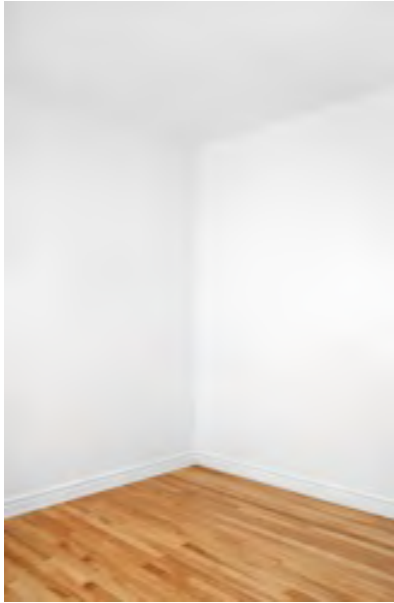


- Sturdy Chair?
- Will it slide against surface?
- Position against solid object?
- Close enough if needed?





# ENVIRONMENT MODIFICATIONS: BALANCE EXERCISE



- Just Right Challenge
- What can you hold if needed?



# ENVIRONMENT: DISTRACTIONS

- People
- Pets
- Phone
- Delivery



# VIRTUAL EXERCISE

- Usually Class or Instruction on a device:
  - TV, Phone, Laptop, Tablet
  - Looking and Listening to device can be a cause of distraction
- If following a visual Ex Program:
  - Position yourself facing the device.
    - If possible position the device at about eye level
    - May be challenging if you are changing positions
  - Try to stay within the view of the Exercise Instructor so they can see you too.



# ONLINE EXERCISE

- Listen to your body
  - Modify activities as needed
  - If it doesn't feel good, don't do it
  - Rest as needed, Pause (sometimes can actually press pause)
- 
- Position Props around you as needed: chair, water, towel
- 
- Take your time with changing positions



# MEASURING EXERCISE INTENSITY: HOW YOU FEEL

## How you Feel

**Breathing Harder**  
**Sweating**

## Talk Test

### **Moderate Intensity**

You should be able to talk  
but not sing

### **High Intensity**

You can only get a few  
words out at a time

## Perceived Exertion

On a scale of 6-20:  
about 13-14

Rating of Perceived Exertion	
6	
7	Very, very light
8	
9	Very light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Very, very hard
20	

On a scale of 1-10:  
about 5-6

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

# APDA NATIONAL REHAB RESOURCE CENTER

## Be Active & Beyond

A Guide to Exercise and Wellness  
for People with Parkinson's Disease



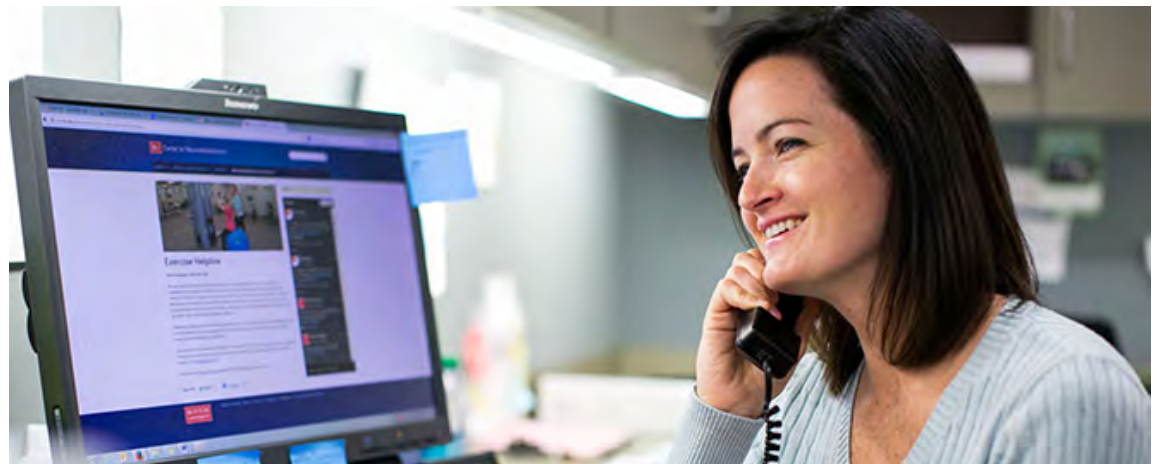
<https://www.apdaparkinson.org/download-exercise-guide/>

**apda** AMERICAN  
PARKINSON DISEASE  
ASSOCIATION  
Strength in optimism. Hope in progress.

Contact us!  
APDA Exercise Helpline

**Call: 888-606-1688**

**Email: [rehab@bu.edu](mailto:rehab@bu.edu)**



THANK YOU!



apda

AMERICAN  
PARKINSON DISEASE  
ASSOCIATION

Strength in optimism. Hope in progress.