

# Making the Most of Your Exercise:

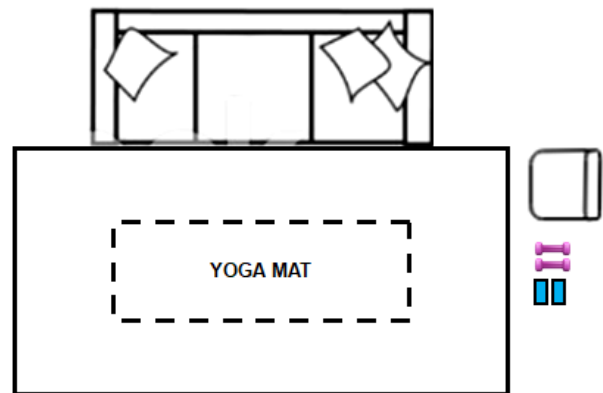
## Environment and Exercise Tips for PWP with Freezing of Gait and/or Increased Fall Risk

### Setting Up Your Environment

Having a well-designed exercise space is key to exercising from home safely and effectively.

You'll need:

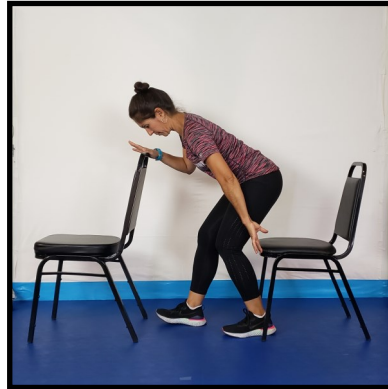
- A 5' by 10' space with minimal obstacles and a smooth surface, i.e., without rugs or thick carpet
- A space to put down a mat to use during floor work
- Somewhere to keep simple equipment safely within reach, i.e., somewhere you won't accidentally step on them



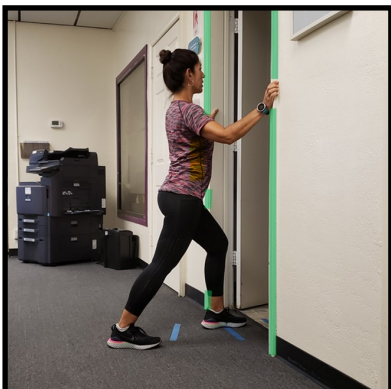
### Standing Support Options



1 chair



2 chairs



Door frame



Hallway

### General Movement Considerations

- Don't rush
- Start and stop movements with good posture and a wide base of support
- Prioritize floor exercises—they are very important for daily function and are the safest exercises to do!
- Once you are on the floor, you can do all of the floor exercises, even if you have to fast forward the video
- Watch the video before joining in and prepare for what you'll need to do
- You can play short segments at a time, stopping and repeating the same movements to help gain confidence and control

## Turning

- Always hold onto a chair, wall, couch, etc.
- Exaggerate your base of support—start wider than feels normal to you
- NEVER cross your feet
- Make lines or targets using tape on the floor to help you know where to put your feet
- Practice “clock” turning:
  - Keep your feet wide
  - Stay PWR!’d up as you rock your whole body and slowly turn as if you were turning to 3, 6, 9, and 12 o’clock

## Transitions

While transitioning from sit to stand, chair to floor, or floor to stand (or other transitions):

- Stop, rehearse, and prepare yourself for what you’re going to do
- Make one movement at a time—you should always feel like you should be able to stop
- To make getting out of a chair easier, you can raise the chair’s seat height by adding a non-slip cushion

## Freezing, Hesitation, and/or Tremulous Legs

- Don’t rush!
- Slow down your movements and make them bigger
- When you feel stuck, use “resetting” as a strategy.
  - What “resetting” means is personal to you, and you’ll need to practice it until you are confident that you’ll be able to access it when you need it
  - To reset: stop, PWR! Up, focus your eyes on the horizon, and take one big breath
  - Try softening knees, marching in place, or putting your hands on your hips with intention
  - When you’re ready, take as big a step as possible (think “big” or step out”)

## Balance

- Don’t wear slip-on shoes or sandals—wearing light non-sticking walking shoes is best
- Use whatever support you need to increase your balance confidence—consider using poles, a walker, a sturdy table, a door frame, wall bars, or a kitchen counter
- A staggered (or Tai Chi) stance can prevent a stumble backward and help ensure that you maintain a wide base of support

## Ways to Modify Exercises

Standing  
Modifications

Seated  
Modifications

All 4’s  
Modifications

On Your  
Stomach  
Modifications

On Your Back  
Modifications