

Favorite

standing on one leg/ squats for balance strengthening

Boxing heavy bag and speed bag. I feel stronger using the heavy bag and more coordinated using the speed bag.

interval training, yoga and boxing, riding my bike -- challenge my indurance

rolling hips from side to side laying on back

How do you know?

week arms and legs

research. slows progression "exercises is vital for PD patients and goes hand in hand with taking medication to help slow progression."

Research says exercise is the only certain way to slow down PD.. very important for me to exercise daily

you start to feel more sluggish

dyskinesia

arm circles to strengthen

speed bag and heavy bag boxing drills

dance for my tremor

marching

balance

leg circles and prolonged one leg balances

Balancing on one leg helps with dystonia and tripping/foot cramps

Andrew Monaghan research shows that only 10%-15% of what is done by physical therapists for balance is effective.)

step length, velocity and margin of stability is helpufl for balance. Stand on foam of various inclines and close my eyes so I can practice Proprioception. R

walking sideways with a band on my knees. Helps prevent falling

cognition

counting and mixing rhythms and patterns with balance exercises

footwork with a metronome/saying patterns aloud

App called Elevateto exercise my cognition -mental mathematics, reading acuity, memory (sequencing, recall, etc.), vocabulary, and writing.

I also am learning sign language. I also enjoy card games, board games, etc

follow trainer as they keep changing the activity --e.g. clap hands, boxing, marching

technology

laptop to look up

cell phone

cell phone first, ipad 2nd

computer

Exercises I want to see more of

I wish there were more exercises for dystonia and rigidity which I have on my feet (toes) and back.

anything that helps the back

Persona: Celine

Goal: Increase balance and strength

ACTION	Navigate to Website	Find Exercises	Do Exercises	Mark Progress	Go On About Day
TASK LIST	Tasks A. Assess needs B. Opens various pages C. Browse Exercises	Tasks A. Browse Exercises B. Choose Exercises	Tasks A. Read Instructions B. Watch Videos	Tasks A. Keep track of exercises B. Monitor time	Tasks A. Finish Exercise B. Go on to next activity unrelated to exercise.
FEELING ADJECTIVE	Determined to exercise and fight PD	Motivated. Self-aware of needs	Concentrating on task at hand. Mindful of following technique and directions.	Analytical. How does it improve feelings associated with PD?	Happy to have done something good for herself!
IMPROVEMENT OPPORTUNITIES	Alert if she has not done it in a day?/Next video in que	Favorites?	Pause Replay Break Points Questions?	Compare to last time?/Self questionnaire	Ways to share/communicate with others



Rita

Age: 52

Education: Associates

Hometown: Phoenix, AZ

Family: Single

Occupation: HR Coordinator

Research shows exercise is vital for PD patients and goes hand in hand with taking medication to help progression

Goals

- I want to feel stronger and more coordinated.

Frustrations

- I sometimes have to do balance exercises in the morning when I get up to stop the cramping so I don't fall.

R.R. is a spokesperson for Hispanic people with PD who is willing to try anything to slow the progression of her PD. She is very busy with social and church activities and does a lot of walking and helping with family. It is imperative that she herself stay mobile to keep up with commitments that are personally very important for her. She prefers and app to any other access of PD exercises, except group exercise.