

## Unique Parkinson Home Exercises app

This easy-to-use app is the first of its kind, designed to be used by patients and exercise therapists dealing with Parkinson's Disease and other forms of Parkinsonism as a source of advice and instructions for daily exercises and movements. The app contains over 50 high quality video and text instructions.



The advice and exercises have been compiled by expert researchers and therapists in the field and are divided into a number of functional domains that can cause problems in the daily life of Parkinson's patients. Both scientific evidence and practical experience are making it increasingly clear that specific exercises and advice can support/provide for improvements in the following domains: walking, posture, changing body position (rising from a chair, turning in bed etc.), balance, keeping the body flexible and relaxed, and overall physical condition.

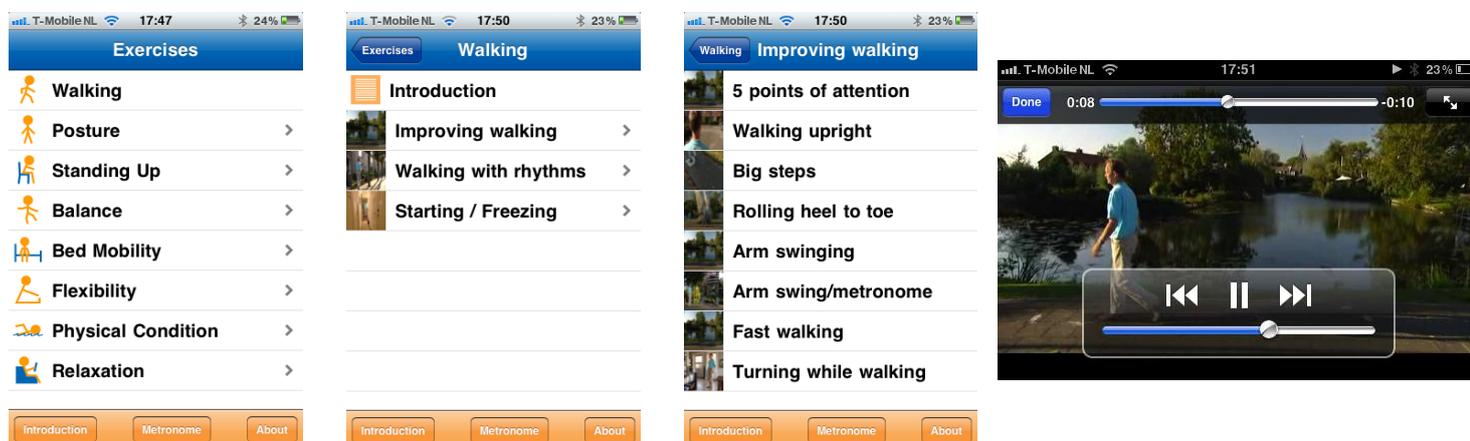
Using the intuitive menu navigation, each person can quickly choose the specific advice and exercises that are the most applicable for his/her individual situation, without having to follow an entire exercise program.

For each domain of exercises, a text introduction explains possible problems that can arise, for example difficulty with walking, and then the cause of the problem is described. Using the intuitive menu, the users can then choose specific advice and video exercises that can be performed every day in order to improve the existing problem(s).

Specific attention is given to cueing strategies to facilitate mobility. The app also includes a Metronome function with sound and/or vibration.

The exercises must always be performed safely, so if the user has even the smallest doubt, advice should be sought from a professional therapist to help find the appropriate manner in which to perform the exercise(s). Performing the exercises without such advice will always remain at the user's own risk.

We hope that the exercises help the user to experience the joy of physical movement and that the exercises and advice will help to improve the current problems they are having with daily movements.



For the app in the app store click:

<http://itunes.apple.com/nl/app/parkinson-home-exercises/id473641730?mt=8>

For the app in the app store on your iPhone or iPad, search 'Parkinson Home Exercises'

IPSEN Pharmaceuticals has been so kind to support the app development.