
Fitness Plan I - Out of Bed

This is the first in a series of functional fitness plans for people with Parkinson's disease. Each set of exercises is designed to assist you with a particular task or activity of daily living that may be difficult for you. Perform all exercises in the set at least 3 to 4 times a week. Make each exercise challenging by either increasing the repetitions or adding weight to the exercise. I promise this agenda will help you remain independent longer.

- Side Push Up**—Lie on your side on your elbow, legs straight and feet stacked. Place other hand on floor in a comfortable position. Perform a “push up” lowering your chest to the floor and back up from this side lying position. Perform 5 – 10 reps. Change sides and repeat.
- Roll Up**—Lie flat on back with hands over the head, legs. Starting with your head and neck, slowly roll up bringing one vertebrae off the floor until you are in a seated position. Slowly roll back down to the floor. Perform 5 – 10 reps.
- Functional Abs Side to Side**—Lie on back on floor, with a ball, cushion or pillow between your knees, feet off the floor. Move knees side to side, going towards the floor to tolerance. Perform 5 – 10 reps.
- Straight Leg Raise**—In a seated position, straighten one leg in front of you, the other leg flexed at the knee with feet on the floor. Lift straight leg off of the floor as high as you can, keeping the knee as straight as possible. Perform 5 – 10 reps. If this is easy, try using both legs at once.
- Side to Side Two Leg Lift**—In a seated position with feet flat on the floor, using both hands to hold on to the sides of the chair, pick up both knees and swing them to the left side of the chair. Then pick up knees and swing to the right side of chair. Perform 5 – 10 reps.
- Seated Stretch**—Sit on the floor, with your hips close to the wall. Push your head and shoulders into the wall; push your legs into the floor. Relax your hands in your lap, toes pointed toward the ceiling. Hold for 2 minutes, relax and breathe.

Delay the Disease – Functional Fitness By David Zid

