

Parkinson's Disease Wellness Programs

The Parkinson's Disease Wellness Programs at Spaulding Rehabilitation Hospital Cape Cod are designed to improve function, support independence, and enhance quality of life for persons living with Parkinson's disease (PD), related movement disorders, and their families.

- Programs conducted by clinicians with expertise in neuro-rehabilitation & PD.
- Self-pay programs.* Free screening required prior to participation.

Healthy Mindset Parkinson's Disease Program*

When: one-hour sessions every other week; separate groups for patients and care partners.

Where: Spaulding Rehabilitation Hospital
Cape Cod, E. Sandwich

Information, registration: 508.833.4102.

*Health insurance may cover a portion of this program.

Healthy Mindset facilitates understanding of PD, supports adjustment, and enhances quality of life for persons living with PD and their partners. The program explores common psychosocial aspects of PD and promotes strategies to enhance well-being in the face of serious illness.

John Allen, Ph.D., Health Psychologist who specializes in the emotional and psychological impact of PD, conducts the program.

High Intensity Training for Parkinson's Disease (HIT-PD)

When: 90-minute sessions twice weekly for six weeks. Offered four times yearly.

Where: Body Strong Fitness, S. Chatham.

For information, registration: 508.240.7203.

HIT-PD offers those in the early stages of PD an intensive training program to reduce the impact of symptoms and possibly slow the progression of disease. HIT-PD is based on emerging research on the importance of early exercise and physical therapy in preventing secondary complications of PD. Exercises focus on aerobic fitness, quality of gait, muscle strength, mood, fatigue and cognition.

Parkinson's Disease Wellness and Exercise Program

When: 90-minute sessions twice weekly for six weeks.

Where: Spaulding Cape Cod, Sandwich
Dennis Council on Aging
Harwich Community Center
Duxbury, St. Paul's of the Nazarene

Information, registration:

- Sandwich – 508.833.4078
- Dennis – 508.771.1300
- Harwich – 508.240.7203
- Duxbury – 508.927.7424

The Parkinson's Disease Wellness Program is conducted in collaboration with Boston University and is based on research that shows that specific rehabilitation strategies can improve independence and quality of life for those with Parkinson's disease.

The program emphasizes education, exercise, self-management strategies, and peer support. Exercises focus on improving strength, flexibility, balance, mobility, posture, and verbal communication. The program is appropriate at any stage of the disease.

Rock Steady Boxing Cape Cod 1-2

When: 90-minute sessions twice weekly for eight weeks

Where: Osterville Fitness, Osterville
Tuesdays, Thursdays 2:30 – 4:00 pm

Information, registration: 508.833.4078.

Therapists are certified in RSB.

Rock Steady Boxing (RSB) improves quality of life by adapting elements of training for boxers to the unique needs of people with Parkinson's. High intensity exercises address four hallmark features of Parkinson's: rigidity/stiffness, postural control, tremor, and slowness of movement. Through a carefully planned sequence of exercises, boxers improve balance, agility, endurance, posture, strength, coordination and voice.

Rock Steady Boxing Cape Cod 3-4

When: 90-minute sessions twice weekly for eight weeks

Where: Spaulding Cape Cod, Multi-purpose Room
Mondays 1 – 2:30, Fridays 2:30 – 4:00 pm

Information, registration: 508.833.4078.

Class size limited to allow for highly individualized attention. Cornerman (assistant) required for each boxer.

Therapists are certified in RSB.

Rock Steady Boxing 3-4 adapts elements of training for boxers for people with significant symptoms of PD, including use of assistive devices.

Activities focus on improving balance, strength and coordination in a safe and fun environment. Improvements in cognition and quality of life have been shown to improve due to the benefits of exercise plus the social aspects of participating with others in similar circumstances.

Raise Your Voice

When: Fridays 12:15 – 1:15 p.m.

Where: Spaulding Cape Cod, Multi-purpose Room

Information, registration: 508.833-4078

Led by licensed speech and language pathologist

Raise Your Voice is a speech and voice training program that focuses on breathing, volume and articulation for those with PD who are experiencing changes in speech and voice. Classes include education, daily exercises and strategies for self-management.

Prior experience with LSVT® is **not** necessary.

Vibrant Voices

When: Last Tuesday of the month

Where: Harwich Community Center

Information, registration: 508.240.7203.

Led by licensed speech and language pathologist certified in Lee Silverman Voice Treatment (LSVT®)

Vibrant Voices is an interactive speech exercise group that engages those with PD in voice exercises to increase audibility and articulation while improving overall communication skills.

The program is for people who have completed LSVT®.

