



Physiotherapy forum

*Fiona Lindop, Senior Physiotherapist, Day Hospital for the Elderly, Derbyshire Royal Infirmary, London Road, Derby DE1 2QY. Tél: 01332 347141 ext 2272
Email: fiona.lindop@derbyhospitals.nhs.uk*

Mariella Graziano, Physiotherapist, 16 rue Boltgen, L-4038, Esch-sur-Alzett, Luxembourg. Tél: 00 352 26 53 15 51 Email: mariela@pt.lu



Fiona Lindop is a senior physiotherapist in the Day Hospital for the Elderly at the Derbyshire Royal Infirmary, Derby. She qualified at Aberdeen and has worked in Barnet (North London), Rotherham, Doncaster, Hitchin, and York. She specialises in Parkinson's and is a member of the multidisciplinary Parkinson's team in Derby.

Fiona is a board member of the Association of Physiotherapists in Parkinson's Disease Europe (APPDE)¹ and was an expert panelist for the 'Guidelines for Physiotherapy Practice' in Parkinson's, produced by the University of Northumbria in association with neurological rehabilitation and information management experts, with funding from the Parkinson's Disease Society (PDS). She has also developed a physiotherapy-specific Parkinson's assessment tool and has recently been a co-writer of the physiotherapy section of the PDS professionals' publication.

Mariella Graziano was born in Buenos Aires, Argentina, and immigrated to the UK in the 1980s, where she graduated as a physiotherapist. She worked for several years as a neuro-physiotherapist at the National Hospital for Neurology and Neurosurgery in London, where she developed a special interest in movement disorders and Parkinson's. This work made Mariella aware of the important role that the active involvement of people with Parkinson's and their families plays in the understanding and management of mobility problems in the context of a multidisciplinary team.

In 1997 she moved to Luxembourg where she now runs her own community physiotherapy practice. Mariella has produced teaching materials for people with Parkinson's and their families. She also runs workshops to address the specific mobility problems that affect them. She is president of APPDE, vice-president of Association Parkinson Luxembourg and is serving her second term of office as secretary of the European Parkinson's Disease Association (EPDA).

Presentation abstract: The physiotherapy forum discussed:

- The outcomes of the Rescue Project, a unique international multi-centred research project funded by the European Commission that investigated a rehabilitation technique to improve mobility for people with Parkinson's – including the CDROM 'Using cueing to improve mobility in Parkinson's disease: a CDROM for therapists'
- Recent research on falls prevention and turning in Parkinson's
- The newly revised 'Physiotherapist's Guide' from the Parkinson's Disease Society
- The Dutch guidelines for physiotherapy, which have recently been published in English and give information on a new DVD for physiotherapists, which is available from APPDE.

References

1. See <http://appde.unn.ac.uk>
2. See www.rescueproject.org