



Mariella Graziano

Physiotherapist in the
Community

Luxembourg

President of APPDE

4th July 2007



- APPDE was launched in 2000.
- It brings together physiotherapists, other professionals, people with PD and their carers.
- It has members and friends from 8 countries.



Mission

To facilitate a dialogue between researchers and clinicians to promote best clinical practice for people with PD.

Association of A
PHYSIOTHERAPISTS in P
PARKINSONs P
Disease D
EUROPE E



A Association of
E EUROPE des
K KINESITHEAPEUTES pour la
M MALADIE de
P PARKINSON

Practical guidelines for physiotherapy in Parkinson's disease

KATHOLIEKE UNIVERSITEIT
LEUVEN



ParC
Parkinson Centrum Nijmegen



Milestone for Physiotherapy

UK Guideline
(Plant et al, 2001)

Dutch 2004, English 2006

Core areas

1. Transfers
2. Posture
3. Reaching and grasping
4. Balance and falls
5. Gait
6. Physical capacity and inactivity

Key Recommendations

- Cueing strategies to improve gait
- Cognitive movement strategies to improve transfers
- Exercises to improve balance
- Training of joint mobility and muscle power to improve physical capacity

Recommendations

- Uniformity of PT
- Promote the quality of referrals
- Provide bases for future research

Keus et al, 2007

Summary Charts

Diagnostic process

1. History – taking
2. Physical examination

Therapeutic process

3. Specific treatment goals
4. Treatment strategies



Conclusion

The DVD is a translation from evidence to practice.

It aims at guiding the clinical reasoning for optimum management of PWPD.

Recommended Reading

Keus SH, Bloem BR, Hendriks EJ,
Bredero-Cohen AB, Munneke M.

Evidence-based analysis of physical
therapy in Parkinson's disease with
recommendations for practice and
research.

Mov Disord 2007; **22**(4): 451-60



To buy the DVD, visit:
www.appde.eu



Contact details:

www.appde.eu

Info@appde.eu

Mariela@pt.lu

Fiona.lindop@derbyshirehospitals.nhs.uk

Association of A
PHYSIOTHERAPISTS in P
PARKINSONs P
Disease D
EUROPE E



A Association of
E EUROPE des
K KINESITHERAPEUTES pour la
M MALADIE de
P PARKINSON

Acknowledgements:

Dr Alice Nieuwboer

Dr Diana (Anna) Jones

Professor Ann Ashburn

Professor Lynn Rochester