

Parkinsons Exercise Group

For many living with Parkinsons Disease, treatments have been focussed on time-limited symptom management. However, there is evidence to suggest that exercise can play a role in reversing some disease in persons with mild-moderate PD. This outpatient group provides specific exercises to not only manage symptoms but modify Parkinsons disease through neuroplasticity. Targeting increased participation and efficiency through specific amplified movement and general reconditioning, and of course, by making it fun!



What is the program?

After a consultation with our Rehabilitation Specialist, an individualised program including strength and balance training, cardiovascular exercise and gait re-education. All aimed at enhancing overall quality of life.

- 10 week program
- 1-2 times per week

You may have access to

- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Social Work
- Dietetics
- Hydrotherapy
- Neuro Psychology
- Speech Therapy

How do you access the program?

- Referral from your GP or specialist

Costs?

- Most costs are covered by your Private Health Hospital Cover as Day Rehabilitation (please contact us for more information as funds vary)
- Most costs covered with, DVA Gold Card, Work Cover or Third Party Insurance



Get Well, Move Well, Enjoy Life!

Minchinbury

Holroyd

Longueville

Ashfield

Randwick

Kirrawee

Dee Why

Manly



Inner West

The Sydney Private Hospital

9716 3700 | SydneyPrivate@macrehab.com.au

Northern Beaches

Manly Waters Private Hospital

9977 9977 | ManlyWaters@macrehab.com.au

Delmar Private Hospital

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Upper and Lower North Shore

Longueville Private Hospital

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East

Eastern Suburbs Private Hospital

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South

President Private Hospital

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West

Holroyd Private

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Minchinbury Community Hospital

9625 2222 | Minchinbury@macrehab.com.au