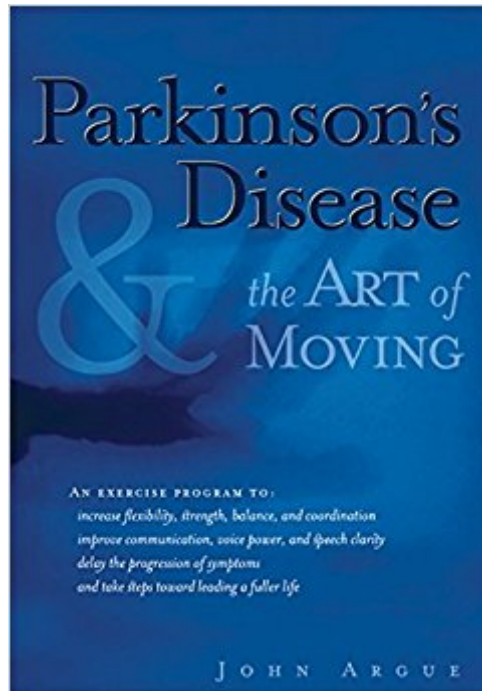




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Parkinson's Disease & The Art Of Moving



Synopsis

One in every 100 persons over 60 will contract Parkinson's disease. Faced with an incurable and progressive disease, Parkinson's patients must relearn many everyday actions; sitting, standing, walking, lying down, speaking. John Argue has distilled information from his classes for Parkinson's patients into a comprehensive exercise program designed to help you improve flexibility, balance, gait, and communication. Over 100 photographs illustrate the exercises, which derive from yoga and tai chi techniques and theater movement skills. Techniques in the book encompass a variety of daily activities.

Book Information

Paperback: 220 pages

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Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 44 customer reviews

Best Sellers Rank: #334,300 in Books (See Top 100 in Books) #33 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease](#) #285 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #420 in [Books > Health, Fitness & Dieting > Reference](#)

Customer Reviews

Neurologists universally recommend making exercise a part of the daily regimen of every Parkinson's patient. This is the only book that tells people with the disease and their caregivers how to follow that advice. Movement teacher John Argue has distilled the information from his classes for Parkinson's patients into a comprehensive exercise program designed to help readers improve flexibility, balance, gait, and communication. Over 100 photographs clearly illustrate the exercises, which derive from Yoga and Tai Chi techniques and theater movement skills, and encompass a variety of daily activities.

Have not had the chance to put all the information into motion yet. However, the book looks to cover many options to lessen rigidity and to improve modality. Adds hope to one's diet!

Information in this book is very valuable for someone with PD. When my husband had to "go to the floor", he just needed to be reminded of the stated technique to get up again. Otherwise there would have been a 911 call to get him up.

By the dean of Parkinson's exercise therapists.

My Dad is 83 and suffers from Parkinson's - he talks about this book every day!

We purchased this book and it recommended having floors and not carpet. So we are in the process of taking out the carpet and putting in floors because they are easier to walk on when a person has Parkinson's disease.

this is IMHO one of the better books on PD

Illustrations are good and instructions are easy to understand

Very informative and organized to meet different levels of need. Very good photo illustrations.

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