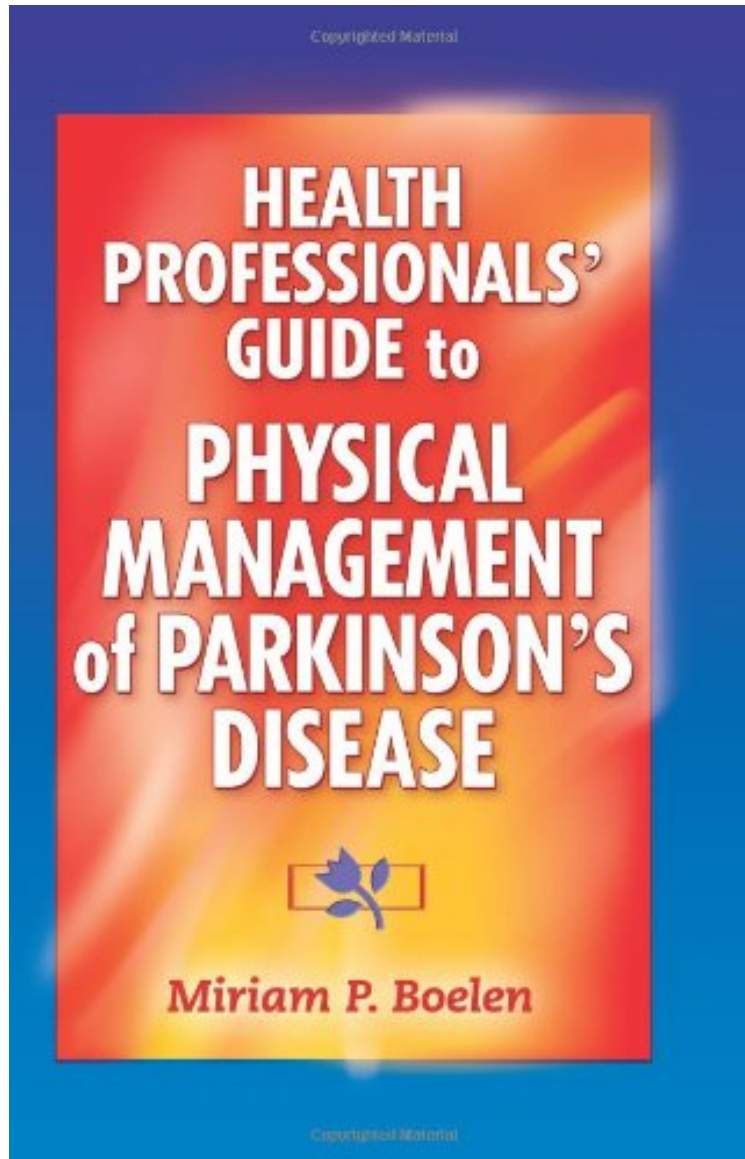


# Health Professionals' Guide to Physical Management of Parkinson's Disease

*Miriam Boelen*

*ePub | \*DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



READ ONLINE

#2777332 in Books Human Kinetics 2009-06-24 Original language: English PDF # 1 10.00 x 1.00 x 7.00l, 1.85 #File Name: 0736074929320 pages | File size: 69.Mb

**Miriam Boelen : Health Professionals' Guide to Physical Management of Parkinson's Disease** before purchasing it in order to gage whether or not it would be worth my time, and all praised Health Professionals' Guide to Physical Management of Parkinson's Disease:

1 of 1 people found the following review helpful. Great help!!By TamiThis book was wonderful help. My father has

Parkinson's with dementia and I'd done plenty of research about what Parkinson's IS, how it progresses, expectations, etc. However, when my parents came to visit for 8 weeks, I quickly realized I needed help to know HOW to help him DO what he could. What to do when he seemed unable to walk at all, or took tiny quick steps that threw him off balance, or made a dive for the chair before we were close enough? I ordered this book and it had answers to all my questions and some I didn't know to ask!! I learned there is a difference between freezing and festination. Festination is my new beloved vocabulary word. I was concerned before getting the book that it would be too professional for a regular care giver like me. I have no medical or physical therapy background. However, to my delight, it was an easy read and hit the mark on most pages. My yellow highlighter was well used on this book. I put many of the helpful ideas into practice, which made our lives so much easier. 2 of 2 people found the following review helpful. A valuable, practical, efficient resource for health care staff teams. By Midwest Book Review "Health Professionals' Guide to Physical Management of Parkinson's Disease" is a compact, well organized clinicians' resource that aids in finding effective strategies for physical management of common symptoms of Parkinson's disease. The chapters are carefully researched, written as cross-referenced independent units, organized by presenting problem areas. A broad but concise introduction begins with a summary of medical, surgical assisted and self-management treatment strategies that are used effectively across seven specified stages (modified Hoehn and Yahr, p. 4) of disease progression. Two types of dyskinesias (or involuntary movement disorders) are presented for treatment focus: dystonia and tremor. Further development of balancing deficits treatment strategies, transfer problems, and qualitative and quantitative gait assessment are included, with a frequent goal of improving ambulation abilities. Black and white photographs, illustrations and specific case examples help document clearly the approaches suggested. "Health Professionals' Guide to Physical Management of Parkinson's Disease" is a valuable, practical, efficient resource for health care staff teams who work with the PD population. Its usefulness in homecare settings also demands further exploration, with good clinical supervision.

Parkinson's disease, the most prevalent hypokinetic movement disorder, is expected to occur with increasing frequency among aging populations worldwide. While we await the discovery of a cure, combining physical interventions with traditional medical interventions can significantly improve overall quality of life. Health Professionals' Guide to Physical Management of Parkinson's Disease fills a void in this area of clinical management by comprehensively addressing the physical management of Parkinson's disease in a single volume. Written for clinicians, Health Professionals' Guide to Physical Management of Parkinson's Disease will prove to be a useful resource for physical therapists as well as other health care professionals who manage patients with Parkinson's disease. The text expertly distills and blends diverse research-based sources with the author's own extensive clinical experience. The result is a concise manual that provides not just the science but also the clinical application necessary in the selection of physical interventions. The text begins with an introduction to Parkinson's disease and the umbrella of care required in the management of patients, giving readers a clear explanation of medicinal, surgical, assisted, and self-management strategies depending on the stage of disease. After laying this groundwork, the text continues by focusing on two types of dyskinetic movements: dystonia (which can influence posture) and tremor. Also reviewed is the use of supportive devices and adaptive equipment to minimize the effects of dystonia and tremor. The discussion moves on to balance deficits (Hoehn and Yahr stage 3), transfer problems, and the neurologic and musculoskeletal impairments that contribute to them. The text concludes with a qualitative and quantitative assessment of gait and includes specific treatment guidelines addressing characteristic gait problems. Health Professionals' Guide to Physical Management of Parkinson's Disease is an easy-to-navigate reference for clinicians who do not have the time or the need to read a book cover to cover, but want answers fast. The chapters are written as independent units extensively cross-referenced, and they can be read in any order. Throughout the text, readers will find clinical decision trees, flow charts, and sample forms to guide their selection of intervention strategies. The book contains many user-friendly features: -Numerous illustrations demonstrate exercise considerations, evaluative techniques, and guidance on implementing interventions. -The 11 reproducible handouts address safety and compensatory strategies to improve mobility in patients.-Access to a variety of patient help features including case examples specific to chapter topics and instructions for handling problems engage readers and put answers within fingertip reach. With new research showing exercise to be beneficial in delaying the onset of the physical impairments caused by Parkinson's disease, this is a timely resource that will make clinical practices more productive, improve patient outcomes, and advance the treatment of patients with Parkinson's disease.

Health Professionals Guide to Physical Management of Parkinsons Disease is a valuable, practical, efficient resource for health care staff teams who work with the PD population. --The Midwest Book About the Author Miriam P. Boelen, PT, has been a licensed physical therapist since 1978 and currently is senior staff physical therapist at NorthShore University HealthSystem/Glenbrook Hospital in Glenview, Illinois. As a movement disorder specialist since 1990, she has worked with patients in all stages of Parkinson's disease and those with implanted deep brain stimulators. Boelen has lectured extensively on issues related to the physical management of Parkinson's disease,

including exercise, walking aids, caregiver instruction, and education. She has also taught patients how to regain a sense of control over their physical capabilities while clearing up misconceptions and allowing for renewed hope. Boelen is a member of the American Physical Therapy Association and the American College of Sports Medicine. She wrote an article on the role of rehabilitative modalities and exercise in Parkinson's disease that was published in Disease-a-Month. She earned a B.S. in physical therapy from the University of Health Sciences at the Chicago Medical School and is certified by the American College of Sports Medicine as a health fitness specialist.