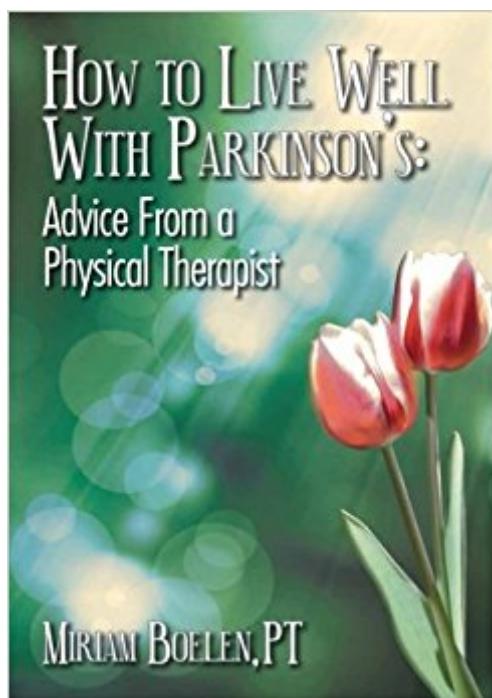


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# How To Live Well With Parkinson's: Advice From A Physical Therapist



## Synopsis

People with Parkinsonâ™s commonly have symptoms and problems unique to their condition that can interfere with daily activities. When initially diagnosed they all too often donâ™t know what to do or where to turn. Even when not newly diagnosed, questions often still persist. This book, written specifically for them, clears up questions they may have regarding their self-help. It gives step by step instructions in properly handling daily activities like walking, getting out of bed or chairs, and other potentially problematic everyday movements. It also guides them in finding the optimal medical team to help them stay well. For caregivers there are easy-to-follow instructions in safely assisting a person with PD without jeopardizing themselves or the one they are helping. This book is also a helpful resource for physical therapists or health care professionals who are involved in the management of people with Parkinson's. It is filled with interventions and practical advice.

## Book Information

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## Customer Reviews

Miriam â™ Miaâ™ Boelen has been a practicing licensed physical therapist since 1978. She is also certified as a Health and Fitness Specialist by the American College of Sports Medicine. Mia has specialized in the treatment of people with Parkinsonâ™s disease and similar movement disorders now for almost 25 years. Her vast experience with this population and her knowledge of the related research has resulted in the development of this book, which was written specifically for people with Parkinson's and their caregivers. Mia has also authored a "Health Professionalsâ™ Guide to Physical Management of Parkinsonâ™s Disease" which is a companion book targeted to

healthcare professionals. Mia has lectured to both healthcare professionals and people with Parkinsonâ™s regarding treatment and management strategies.

Great book, Well written, very knowledgeable on Parkinson's and what thing people can do everyday to improve their life while suffering from Parkinson's.

Excellent book. Explains why therapists did what they did with my dad, and helped me to continue their work at home and teach him how to live safer with Parkinsons in the real world.

Mia is my physical therapist. I think she is great and so is her book. Anyone who has Parkinson's should get a copy of this book. The tips are invaluable.

I bought this book in order to help my husband, who has Parkinson's, with his physical therapy exercises. Mia's written instructions are clear and concise with the photos perfectly enhancing her instructions. Her advice on shoes was also extremely helpful. We bought the PWMinor shoes and now my husband's shoes no longer "stick" to the carpeting. This is the most helpful Parkinson's book I've ever purchased.

Whether newly diagnosed or living with advancing Parkinson's Disease, this guidebook is an essential home companion. As a physical therapist specializing in PD, Boelen takes the time to explain helpful strategies for coping with changing needs. She focuses on maintaining independence, which is so important for people with PD. There are plenty of photos too, for easy reference and step-by-step pictures showing the right way to maintain mobility. Caregivers and partners will also learn the best ways to help when dealing with issues affecting balance, strength, and home safety.

I was recently diagnosed with PD and turned to the internet to learn more. Then, this book was recommended to me. It explained how to advocate for oneself, questions to ask the medical community, practical hints in how to help yourself with issues related to PD (getting chair closer to table, getting out of the car, getting up from low seating, explaining to another person how they can best help you, etc.) The text was clear and it was supplemented with excellent photographs. I particularly appreciated the inclusion of a variety of exercises I can do to help myself and delay the day when I will need significant help.

My husband, who has had moderately severe Parkinson's Disease symptoms, controlled by Sinemet to a degree, likes this book very much. It is written by a physical therapist recommended by Mayo Clinic and North Shore University Health Systems neurologists. This is an update from her previous book.

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