

Parkinson's Physical Therapy Assistant (PTA) Program

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Parkinson's-related studies show that exercise helps to reduce disability as well as enhances dopamine transmission and improves motor function. Our Parkinson's PTA Program expounds on this research by customizing individual physical therapy sessions for people with Parkinson's. These sessions are designed to improve:



Offered in the comfort of your home, utilizing your own environment, and customized to your specific needs

✓ **Strength and Endurance**

✓ **Walking Ability**

✓ **Balance and Mobility**

✓ **Flexibility**

How do I start?

- ✓ Initial visit by licensed Physical Therapist and Physical Therapist Assistant (PTA) to assess needs and tailor exercise program accordingly
- ✓ Subsequent one-hour visits* by PTA to follow customized exercise program

This is a private pay service that does not require a doctor's referral. We do recommend however, that you inform your doctor about your involvement with our private physical therapy program.

*Visits are scheduled on a weekly basis with the option of increased frequency of two visits/week.

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Call Rebecca Brown, OT, at **781-659-2342** or email rbrown@nvna.org to schedule your initial visit and discuss program options.

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