

## DAILY DOZEN PARKINSON'S EXERCISES



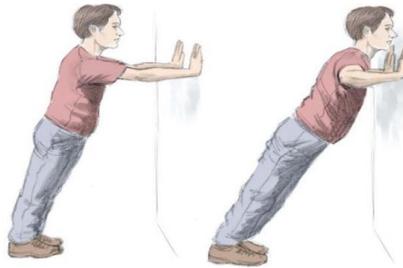
### 1. JOGGING (3-8mins)

Near a chair or wall-  
Jogging on the spot or  
Jogging sitting



### 2. CALF RAISES (10-15x)

Push up onto base of big & little toes,  
**hold 3secs** and then slowly lower  
heels. **REPEAT**



### 3. WALL PUSH-UPS (10-15x)

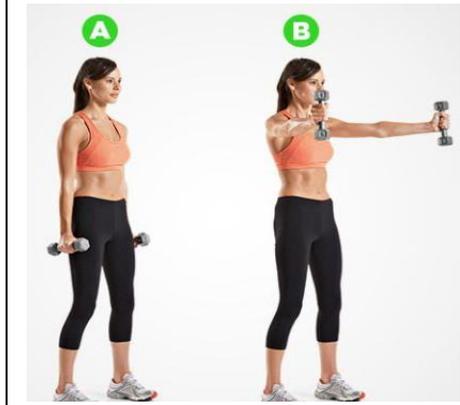
Stand away from the wall,  
place hands on wall at shoulder height.  
Keeping your core strong  
(don't let your back cave in) Bend elbows  
bring chest to the wall  
Hold, then push back. **Repeat**



### 4. LEG ABDUCTION/ SIDE LEG RAISE

Balance on one foot  
Lift other leg to the side, pushing side  
of your foot to ceiling & lower slowly

**REPEAT (10-15x)**



### 5. SCAPTION (10-15x)

Standing tall, shoulders pulled back &  
down raise the dumbbells in front of  
your chest in a wide V. Squeeze your  
shoulder blades together and hold.  
Slowly lower dumbbells **REPEAT**



### 6. ALTERNATING KNEE LIFTS

Standing tall, shoulders pulled back &  
down, tummy pull in (bellybutton to  
spine). Lift one knee up, hold, then  
lower back down controlling your  
balance; alternate knees

**REPEAT (10-15x)** Added benefit →  
reach opposite hand to knee.

**7. SHOULDER STRETCHS /WALL ANGELS (10-15x each)**



**A) Face wall**, place palms on wall, slide hands up as high as possible, bring your chest closer to wall. Keep chin pulled in, head up, Hold 8 secs  
**B) Stand back to wall**, heels, behind, back, shoulder blades, head touching wall. With back of hands touching wall, Raise arms up as high as possible, hold for 5secs, bring arms down trying to keep shoulders and back of hands on wall. **REPEAT**

**8. BEND, REACH & PLACE ITEM (Bottle/Bin) (10-15x)**

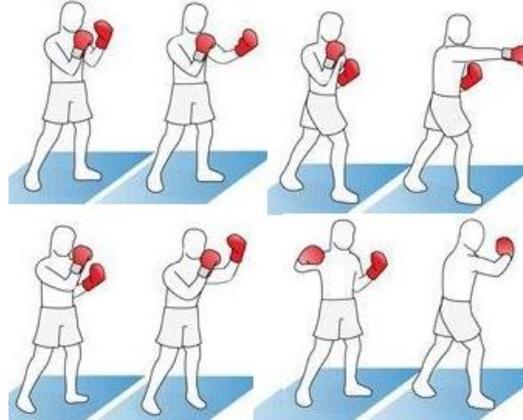


Standing tall, shoulders back, chest out Push buttocks back as you bend at hips and knees, keep back straight, place item on chair, Stand tall **REPEAT**

**9. SHADOW BOXING (no gloves)**

*Left Jab*

*Right Cross*



*Left Uppercut*

*Right Hook*

**Start:** All four punches one after other (6x)

**Combos: A)** Jab, jab, Hook (6x)

**B)** Jab, Cross, Jab, Cross,Uppercut (6x)

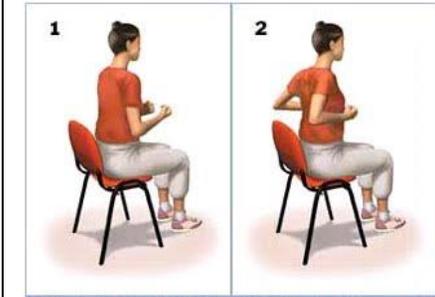
**10. SIT TO STAND (10-20x)**



Start seated in a chair, hinge forward “nose over toes” and push up, standing tall Lower back to chair slowly while pushing hips back **REPEAT**

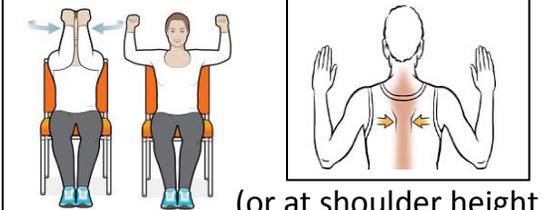
**11. UPPER BACK SQUEEZE (10-15x each)**

(10-15x each)



**Start**

**with arms at your sides, elbows 90°**



(or at shoulder height elbows touching) **elbows bent at 90° Squeeze** shoulder blades back, pulling elbows back, hold 3 secs. Release back to start position. Keep your shoulders down & chin in

**12. LEG EXTENSION WITH CHAIR**



**REPEAT (10-15x)**

Stand behind chair, knees slightly bent, lift one leg back, squeezing your buttocks, Hold, 3 secs lower back down Hold tummy tight!