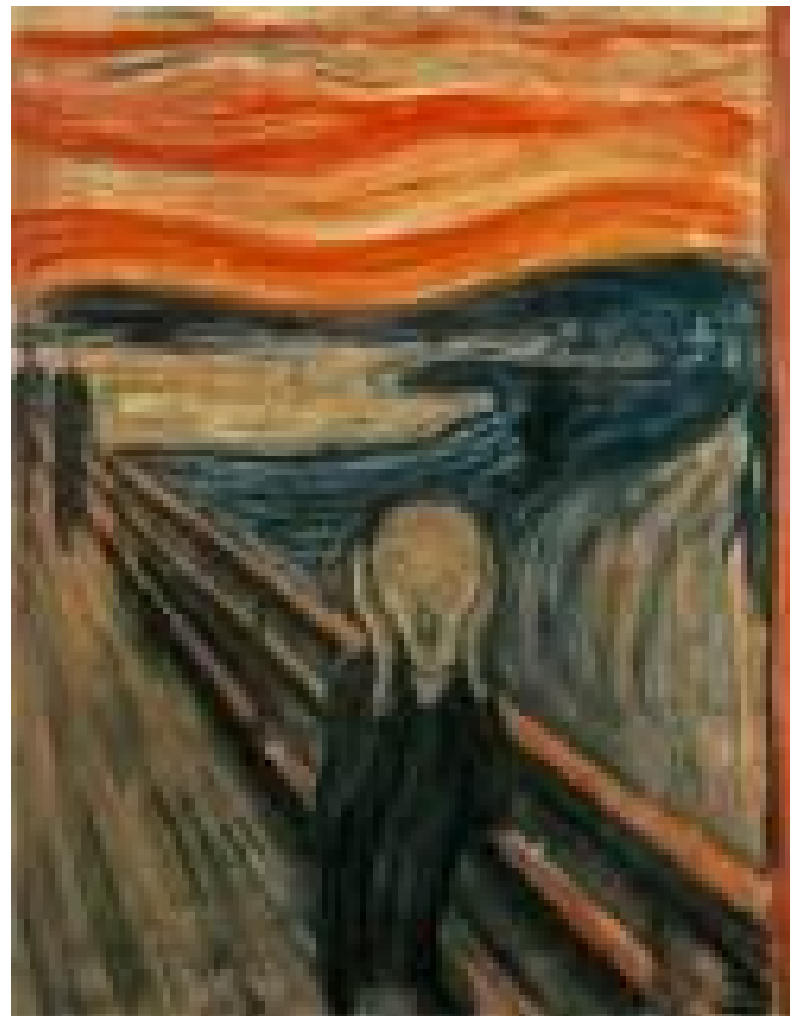


Workshop Pain & Parkinson's

Results

Edinburgh
March 11, 2013



PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

PARKINSON'S^{UK} **CHANGE ATTITUDES. FIND A CURE. JOIN US.**

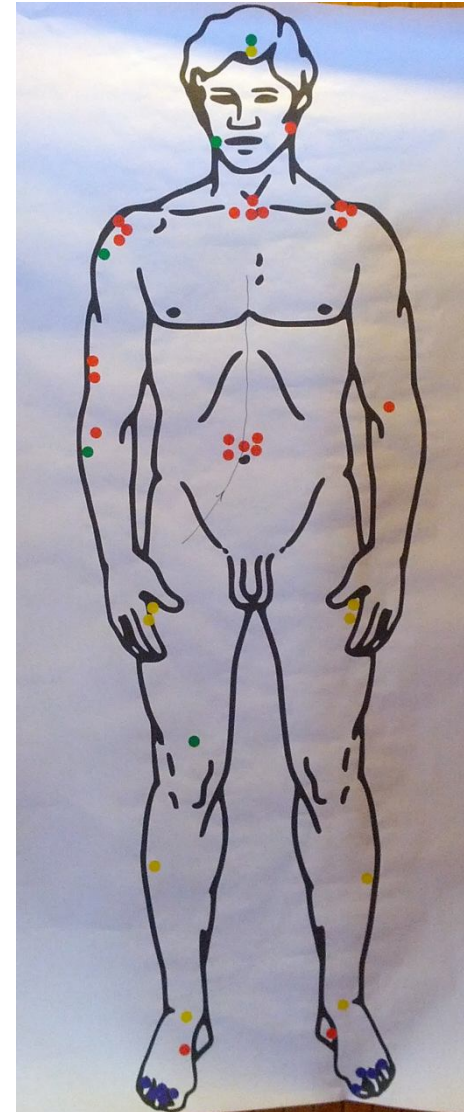
Parky

Pain areas indicated by participants

- Red dots: back
- Yellow dots: side
- Other: front

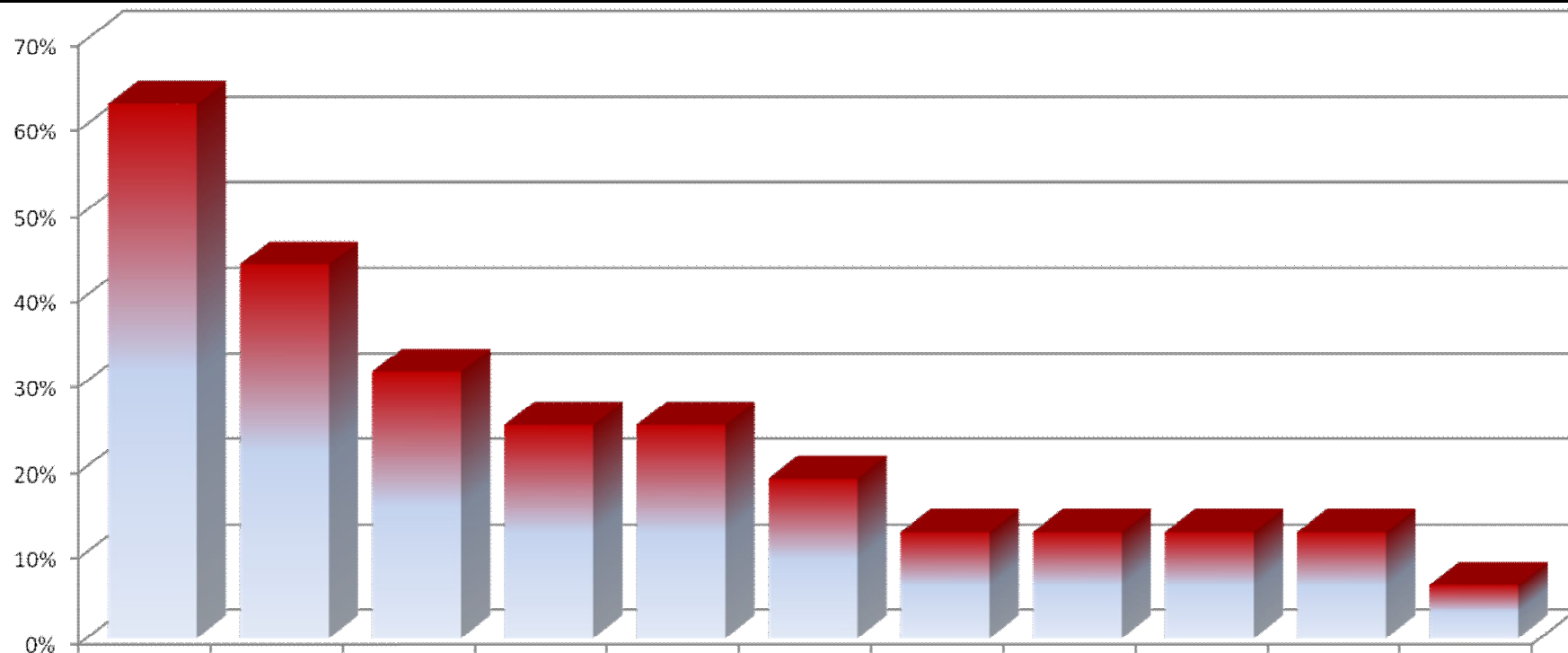
Major problem areas:

- Neck
- Shoulders
- Dominant arm
- Lower spine
- Feet (soles) and
- Toes



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Pain experinced by participants



Remark:

Data reflects workshop only and cannot be generalised, due to number of participants and the way the survey was done.

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Main Issues

Pain moving

Knowing what triggers pain

Night time:

- cramps (legs, shoulders) (6)

- Not getting enough sleep

- Turning over in bed

- Lashing out

- Involuntary movement in bed

- Nightmares

- Hallucinations (3)

Twinges of arthritis (or is it Parkinson's?)

Other pain seems to respond to Parkinson's medication (7)

- Physio helps (6)

Losing height – packed organs produce pain

Osteoporosis or Parkinson's?

Stiffness

Feet curling up



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What helps?

Bed socks

Genuine pills

G+T

Physio helps when ,off‘

Pilates – freeing up muscles
(6)

Alexander technique

Fast exercise (7)

Using other arm when having
,kettle arm‘

Yoga - rubber balls to roll on

Tai Chi

Indian head massage

Lack of info about what is
possible - how to move pain
receptors

Cycling

Hot bath (and sherry...)

Massage chair

Podiatry, orthotics (5)

