



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
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WHAT IS PARKINSON'S?

People develop Parkinson's because some of the nerve cells in their brains that produce a chemical called dopamine have died. Dopamine is needed within the brain to help transmit chemical messages between neurons. The lack of dopamine means that people can have great difficulty controlling movement.

Current research into Parkinson's is still yet to find what causes the condition. Researchers think it's a combination of age, genetic, and environmental factors that cause the dopamine-producing nerve cells to die.

GENERAL INFORMATION

The preferred term is Parkinson's. We don't use the word 'disease' because some people with Parkinson's have disclosed that it sounds negative, or like an infectious illness. But unlike the flu or measles, you can't catch Parkinson's from someone.

There are over 40 symptoms of Parkinson's. But the three main symptoms of Parkinson's are tremor (shaking), slowness of movement and rigidity (muscle stiffness). Everyone's Parkinson's experience is different. No one person with Parkinson's has the same symptoms, so it's hard to predict how someone's symptoms may progress. It's important to remember that people might not experience every symptom.

You may hear Parkinson's symptoms referred to as motor symptoms and non-motor symptoms.

- **Motor symptoms** affect your movement.
- **Non-motor symptoms** affect you in other ways that may not be easily seen by other people.

DID YOU KNOW?

145,000 PEOPLE in the UK
are living with Parkinson's
[Click to find out more information and support about Parkinson's](#)

It is the **FASTEST GROWING NEUROLOGICAL CONDITION** in the world

There are **OVER 40 MOTOR AND NON-MOTOR SYMPTOMS** of Parkinson's

MOTOR SYMPTOMS	NON MOTOR SYMPTOMS
Tremor	Apathy
Rigidity	Depression/ Anxiety
Mask like expressions	Memory problems
Muscle cramps and dystonia (repetitive muscle contractions result in twisting or abnormal fixed posture)	Speech and communication
Dyskinesia	Dementia
Freezing	Hallucinations
Fatigue	Guilt
Bladder and bowel	Compulsive behaviours



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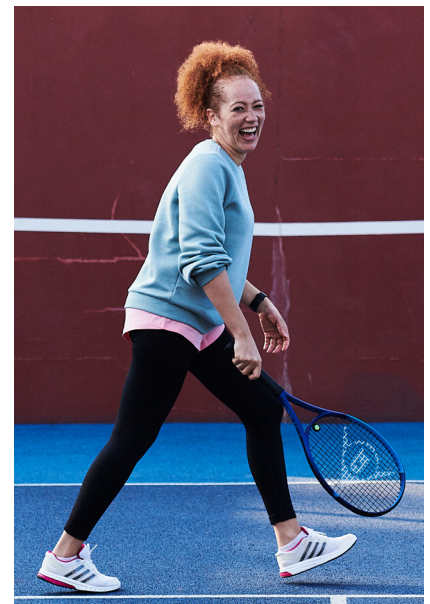
COACHES CORNER

Preparation

- Preferably, take tennis to them initially as this will allow for a safe and comfortable environment
- If possible, arrange a visit to the venue before people attend their first session
- Make it sociable allow for time at the beginning and end of the session
- Let people know it is always ok to ask for a break or stop to take medication or go to the toilet
- Provide specific session details on all promotional material - how long the session will last and outline what will be involved.

Communication

- At the start of each session, check how that person is doing and plan accordingly
- Do not finish a person's sentence for them
- Always check for understanding and use open ended questions
- Instructions - keep them short and simple
- Ask people for feedback



COACHES CORNER (CONTINUED)

Delivery

People living with Parkinson's get real benefit from higher level intensity sessions. Do not be afraid to push people on the days that they feel good!

- Use the STEP (Space, Task, Equipment, People) Principles to allow for greatest participation from all individuals
- Encourage intensity suited to individuals and have a range of adaptable activities
- Don't just play Walking Tennis. Just because a person is living with Parkinson's it does not mean that they can't run
- Encourage people to push the intensity - 'can you move a bit quicker?'
- Overemphasise movements - 'big swing arms, big lunges, make it BIG'
- Use a scale or talk test to see how hard people are working
- Work the brain - change how they score the game for example use alphabet scoring
- Encourage good posture and body awareness
- A person's gait can get very short, encourage striding out
- Include trunk rotation and big arm swing movements
- If a person freezes, ask what their technique is or encourage them to shift their weight from side to side and front to back. Counting can also help

USEFUL RESOURCES AND LINKS

- Parkinson's UK Activity Exercise Course
www.parkinsons.org.uk/activity-exercise-course
- We Are Undefeatable campaign
weareundefeatable.co.uk/ways-to-move

CONTACT US FOR MORE INFO

For further information on wheelchair tennis please contact the LTA Disability Development team:

Email: disabilitytennis@lta.org.uk

Please visit: www.lta.org.uk

