



Early Intervention for Parkinson's Disease

Current research shows that an active lifestyle, which includes regular exercise at the right intensity, has been shown to benefit individuals living with Parkinson's disease. We want to partner with you to build an active lifestyle and to assist with any future needs as they arise.

At the Shirley Ryan AbilityLab, we tailor programs to your specific needs to optimize movement and enhance your quality of life.

- Are you as physically active as you would like to be?
- Do you want to find safe exercises that challenge you?
- Do you need advice on how to access fitness resources near your home?
- Do you want information about your current mobility and measures that can be used to detect change?

Our experienced clinicians can help you by:

1. Performing individualized evaluations;
2. Assessing walking, balance, and posture;
3. Creating customized exercise programs designed to reduce your need for formal rehabilitation;
4. Teaching how to use technology to support work and leisure activities;
5. And offering ongoing guidance to help maximize mobility and achieve goals.

This program is available at following locations:

- Streeterville: 355 East Erie Sreet, Chicago, IL
- Northshore: 900 Skokie Blvd, Northbrook, IL
- Burr Ridge: 7600 County Line Road, Burr Ridge, IL



For additional information or any questions about the program, please contact Jillian MacDonald, PT at 312.238.0942.

Shirley Ryan
Abilitylab