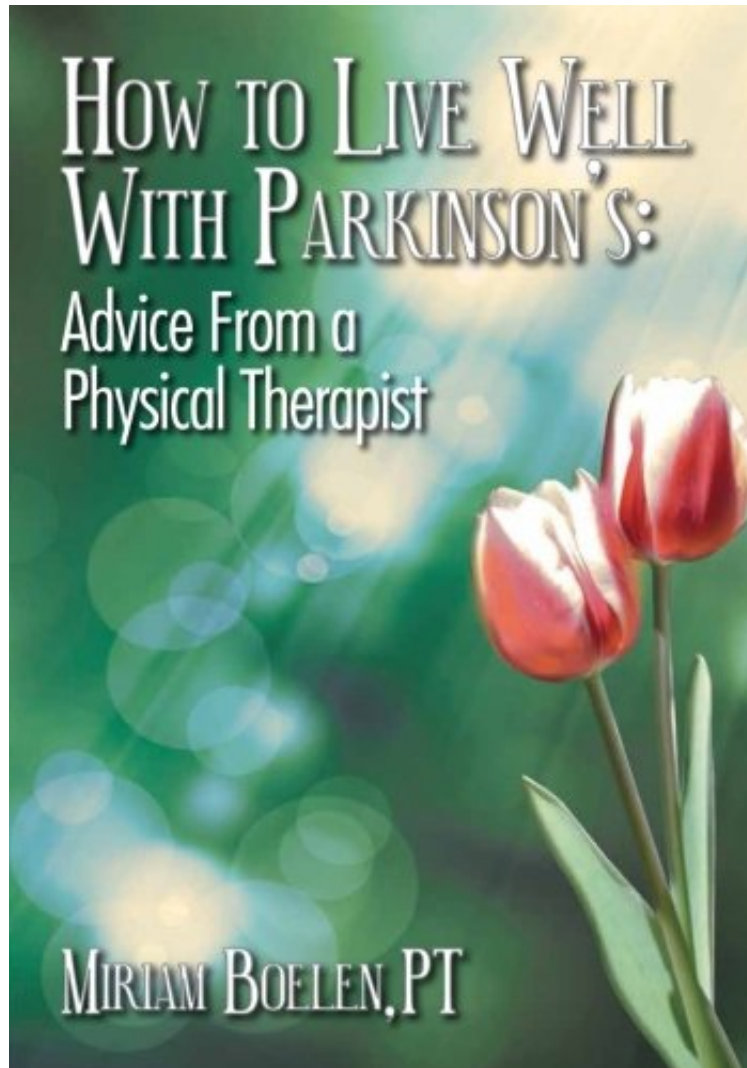


(Mobile book) How to Live Well With Parkinson's: Advice From a Physical Therapist

How to Live Well With Parkinson's: Advice From a Physical Therapist

Miriam P Boelen PT

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Miriam P Boelen PT : How to Live Well With Parkinson's: Advice From a Physical Therapist before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Live Well With Parkinson's: Advice From a Physical Therapist:

0 of 0 people found the following review helpful. Extremely helpful! By zayMiriam was recommended to me as a physical therapist by two different physicians as the "go to" person in our region for Parkinson's physical therapy. She

has been extremely helpful. The book is well-written. Unlike many self-help books, it doesn't waste any words. It is clear and concise. The photos, charts and tables are very useful. As an example, there is a table describing when a walker is helpful and even what size wheels are optimal for given situations. I strongly recommend this book for Parkinson's patients and caregivers. 1 of 1 people found the following review helpful. Great Book By Roghfish Great book, Well written, very knowledgeable on Parkinson's and what things people can do everyday to improve their life while suffering from Parkinson's. 0 of 0 people found the following review helpful. Excellent book. Explains why therapists did what they did ... By Connie Excellent book. Explains why therapists did what they did with my dad, and helped me to continue their work at home and teach him how to live safer with Parkinson's in the real world.

People with Parkinson's commonly have symptoms and problems unique to their condition that can interfere with daily activities. When initially diagnosed they all too often don't know what to do or where to turn. Even when not newly diagnosed, questions often still persist. This book, written specifically for them, clears up questions they may have regarding their self-help. It gives step by step instructions in properly handling daily activities like walking, getting out of bed or chairs, and other potentially problematic everyday movements. It also guides them in finding the optimal medical team to help them stay well. For caregivers there are easy-to-follow instructions in safely assisting a person with PD without jeopardizing themselves or the one they are helping. This book is also a helpful resource for physical therapists or health care professionals who are involved in the management of people with Parkinson's. It is filled with interventions and practical advice.

About the Author Miriam Miars Boelen has been a practicing licensed physical therapist since 1978. She is also certified as a Health and Fitness Specialist by the American College of Sports Medicine. Mia has specialized in the treatment of people with Parkinson's disease and similar movement disorders now for almost 25 years. Her vast experience with this population and her knowledge of the related research has resulted in the development of this book, which was written specifically for people with Parkinson's and their caregivers. Mia has also authored a "Health Professionals' Guide to Physical Management of Parkinson's Disease" which is a companion book targeted to healthcare professionals. Mia has lectured to both healthcare professionals and people with Parkinson's regarding treatment and management strategies.