

InMotion Signs and Symptoms of Parkinson's Disease

FOUR MAJOR SYMPTOMS

TREMORS
STIFFNESS
POSTURAL INSTABILITY
SLOWED MOVEMENTS

SLOW

But there's more to Parkinson's disease than what you see on the surface...

WHAT YOU HAVE TO LOOK CLOSELY TO NOTICE

- Change in balance
- Weakness in voice
- Stooped posture
- Mask-like expression
- Small, cramped handwriting
- Difficulty picking up change or buttoning a shirt
- Shuffling or taking smaller steps

WHAT YOU CAN'T SEE

- Stiffness
- Constipation
- Anxiety
- Bladder problems
- Memory loss
- Changes in vision
- Change in sleep patterns
- Loss of smell
- Depression
- Dizziness

Parkinson's disease can be treated and managed. If you're experiencing these symptoms, contact your healthcare provider.

InMotion™ is a nonprofit 501(c)(3) that offers exercise, education and support at NO COST to people with Parkinson's disease and their care partners. To learn more, visit www.beinmotion.org

Programs

InMotion™ leads the way in offering community-based wellness for people with Parkinson's disease, providing healing arts, physical wellness, education, support and symptom-specific programs to help our clients feel better every day. We serve clients at our Beachwood, Ohio location and remotely via Zoom. As a nonprofit 501(c)(3) organization, we rely on generous donors to offer our programs at no cost to our clients.

InMotion's programs are designed to complement the care received from your healthcare team. Our data shows that, in aggregate, clients that participate regularly in all of our program modalities improve or maintain their current level.

Healing Arts

Mindful Movement (Yoga)

Pilates / Pilates Strong*

Power Stretch*

Stretch and Release*

Tai Chi

Yes, I Can Move!™*

Physical Wellness

Better Every Day™ (BED)* is InMotion's signature exercise program, designed for people with PD

BED™ Cardio/Falls Prevention* & BED™ Strength*

BED™/Boxing*

BED™ Prime*

Bike & Box*

Boxing*

Drums Alive®*

Spinning (Cycling)*

Education

Ask the Expert - monthly education series

Medical Journal Review Club - peer-led group; explores and discusses articles relating to Parkinson's

PD 101 - education program for newly diagnosed clients

Support

Book Club

Beyond PD 201 - virtual, peer-led support group

PD Café - small, informal discussion-based support group

Wellness Workshop

Women's Forum - support group for women with PD

Fit 4 You

Art Workshop

Brain Builder* (cognitive)

Handwriting*

LOUD Crowd® (speech therapy)

Melodica with Kevin (handheld musical keyboard)

Music That Moves You (singing & drumming)

Say It Like You Mean It (breath support & swallowing)

Speech, Swallow and Cognition* (education series)

Think Loud* (cognitive & speech therapy)

Client Assessments

Biannual physical and quality-of-life assessments, which place clients into one of four color-coded levels and matches them with appropriate classes.

Research

InMotion™ conducts ongoing research that demonstrates the efficacy of exercise, movement and other therapies to manage and delay the onset of disease symptoms. InMotion™ shares its findings globally with medical and other professionals involved in the treatment and care of Parkinson's disease.

*Color coded by physical mobility level

