



# Parkinson's Boot Camp day therapy program



The latest evidence for the management of Parkinson's Disease (PD) highlights that exercise plays a key role in the early stages to reduce tremor, bradykinesia, rigidity, falls and loss of mobility. Our Parkinson's Boot Camp day therapy program entails a holistic approach with a combination of physiotherapy, occupational therapy and speech pathology to develop strategies specific to the each individual's symptoms. Early intervention has been shown to improve movement, reduce depression and anxiety, improve quality of life and increase activity levels overall.

## About the program

The Parkinson's Boot Camp Program consists of:

- Pre-assessment session (where eligibility for program is determined and initial measures are taken)
- Learn essential skills for managing Parkinson's Disease
- Complete a rotating schedule of boxing, tai chi, stepping, reciprocal movements, dual tasks and balance
- Input from physiotherapists, occupational therapists, speech pathologists, specialists and other multidisciplinary team members.

## When is it held?

Once a week, over 12 weeks.

## How to join?

Patients interested in attending this program will need a referral, to our rehabilitation department, sent to [robina.admissions@aurorahealth.com.au](mailto:robina.admissions@aurorahealth.com.au)

## How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund, DVA or third party. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Robina Private Hospital. Self-funding and private insurance extras cover packages available.

## Contact us

For further information please contact Robina Private Hospital on 07 5665 5100, or visit [robinaprivate.com.au](http://robinaprivate.com.au) to learn more.

**Robina**  
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