

**The Parkinson's Disease Society Presents**

***Keeping Moving***

***An exercise programme for people with  
Parkinson's disease***

***A video and booklet package  
by Bhanu Ramaswamy MCSP and  
Richard Webber MCSP***

**Colour – 45 minutes**



**Parkinson's  
Disease Society**

Parkinson's Disease Society of the United Kingdom. Registered Charity Number 258197  
Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ  
Tel: 020 7931 8080 Fax: 020 7233 9908 Website: [www.parkinsons.org.uk](http://www.parkinsons.org.uk)  
E-mail: [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.uk)  
Helpline: 0808 800 0303 Textphone (minicom): 020 7963 9380

*The exercises we use in the video have made me aware of my gait, posture and balance. I have now been exercising regularly for six years and am convinced that my symptoms are not as obvious and that the progression of my Parkinson's is slower than some who have been diagnosed more recently and have not taken up the exercises.*

*Initially, the exercises appear very subtle. I can recall at my first session, feeling a little disappointed because I was never even slightly out of breath, let alone 'feeling the burn'! However, as I left at the end of the class, I knew I was walking better and felt less stiff.*

**Denise Webster** (who demonstrates some of the exercises in this video)

A regular exercise regime can help you minimise the limitations and difficulties of Parkinson's and promote independence. At best it will strengthen your muscles, maintain mobility in your joints whilst building up your general fitness and health.

This exercise programme has been adapted from a set originally designed for a PDS Sheffield Branch class supervised by chartered physiotherapists, Bhanu Ramaswamy and Richard Webber, Senior Physiotherapists at Northern General Hospital in Sheffield. It can be used by people with Parkinson's to exercise in their own homes, and although the exercises have proved of most benefit to those in the earlier stages of Parkinson's, they can be tried by anyone.

## ORDER FORM

I would like to order '**Keeping Moving: An Exercise Programme for People with Parkinson's**'. Please send me:

\_\_\_\_\_ copies of V11 (Video and Booklet) cost £18

\_\_\_\_\_ copies B74 (Booklet only)

\_\_\_\_\_ free (+ P&P)

P&P is charged on all items: £1 per video, £1 for up to 5 booklets

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Goods can only be despatched on receipt of payment. Proforma invoices can be issued on request. Please allow 14 days for delivery. Thank you.

