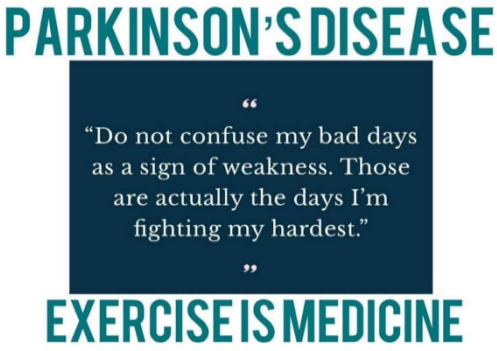
FOUNDATION for Parkinson's
Empowering people to move

December 28, 2025

"What do you call a paper airplane that can't fly?"

STATIONERY!!!



Click the icon for a kick-butt workout with Coach Betsy:

HKC Strength Class

HKC Parkinson's Fitness Class

Here are some strategies for getting out of a freeze episode – Please be patient with yourself or others during a freezing episode – keep calm.

1. **Visualization**: Use self-cueing strategies like envisioning yourself stepping over a log, or turning in a wide U shape, to act as a stimulus for movement.

2. **Visual cues:** Implement visual cues such as floor markers at the entryways or turning points to help with the flow of movement.

3. **Auditory cues**: Studies using metronomes have been conducted for overcoming start-hesitation, and freezing, or motor blocks, occurring during movement. These studies show encouraging responses to the sound of a metronome where the individual is sensitive to this form of stimulus. Research supports that the playing of a person's favorite music can increase dopamine production in the basal ganglia which assists in initiating movement and decreases freezing, while the beat can act as an auditory cue for gait tempo (Lim et al 2005a, 2005b, Rochester et al 2005).

4. **Assistive devices**: Transitioning to a walking aid can be difficult for some, but it can help to keep you independent longer by keeping you safer during freezing episodes.

5. **Footwear**: Evaluate current shoes for fit and sole type as this can play a role in difficulty with curling toes which ultimately affects our ability to stabilize ourselves.

6. **Scheduling**: Plan important events or times when you will have to navigate public spaces with your medication "on/off" periods to enhance gait performance and reduce freezing. Try to limit multi-tasking within your tasks as this can influence gait. Be aware of stressful conditions within your schedule, as freezing can also increase when fatigued or anxious.

7. **5 S method**: If having trouble breaking out of a freezing episode then try the 5 S method.
   1) Stop fighting freezing can sometimes make it worse, and increase anxiety.
   2) Stand tall; proper posture will help you to get into optimal position to begin movement again.
   3) Shake it off and take some deep breaths to help shake off any feelings of frustration, release tension, and boost your focus.
   4) Shift your weight so you are shifting the weight forward and backward between your right and left foot; if you are seated and frozen then rock your torso back and forth so that you feel the weight shift from hips to feet. Finally use the momentum of the weight shift to drive the knee of your back leg forward to take a huge marching step forward; if seated then drive your nose over your toes, reach forward, and
   5) Shoot up to come to standing.
   -Stop
   -Stand Tall
   -Shake it off (relax)
   -Shift your weight
   -Shoot forward/up

   Exercises:
   -Criss-Cross-Applesauce: practice high marching knees and auditory self-cuing
   -Ski step: practice weight shifting and initiating large steps
   -Walking/Cycling: practice walking on an incline, which can help to improve stride length, or cycling which has good carry-over to gait reciprocation.
   -Sit to stand: maintain functional mobility practice 5 "S" method

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Non-invasive brain stimulation: current and future applications in neurology | Nature Reviews Neurology –

Device-based non-invasive brain stimulation (NIBS) techniques show promise for the treatment of neurological and psychiatric disorders, although inconsistencies in protocol designs and study findings can make the field difficult to navigate. In this Review, we discuss applications of NIBS for enhancing cognitive and motor function in people with various neurological diseases that are characterized by disruption of large-scale brain networks, including neurodegenerative diseases and brain lesion disorders such as stroke and traumatic brain injury.

Early Amantadine intervention to treat dyskinesia. (Before you read study details, here are Dr. Dr. Okun's comment on the study.

"Should we use 'early amantadine' to tame dyskinesia before it starts? Dyskinesia refers to involuntary extra movements that can appear after disease progression and levodopa exposure in Parkinson's disease. Rascol and colleagues describe in a new paper in Movement Disorders how adding immediate release amantadine early to levodopa therapy may reduce the manifestation of dyskinesia in Parkinson's disease.

Key Points: - Early amantadine plus levodopa cut the rate of new dyskinesia roughly in half over 18 months when compared w/ placebo. - Folks receiving amantadine needed smaller increases in daily levodopa doses over time. - Modest benefits were also seen in freezing of gait, fatigue and quality of life, while safety remained consistent w/ prior experience.

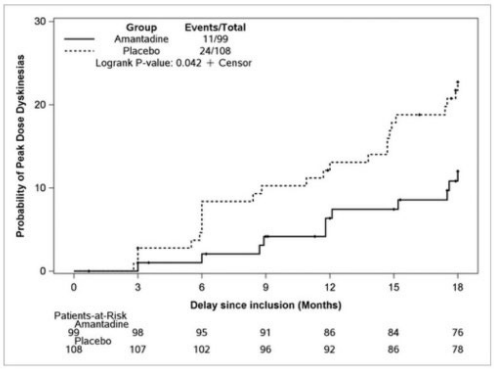
My take: This is a thoughtful study that asks whether timing matters. Starting the right therapy earlier may shape how Parkinson's symptoms evolve rather than just reacting after problems appear. Here are 5 points that resonated w/ me:

1- Dyskinesia may no always be inevitable and perhaps early strategies may lower risk for some folks.
2- Using amantadine earlier may allow health care providers to rely on slightly lower levodopa doses over time.
3- Benefits extended beyond dyskinesia and touched symptoms like fatigue and freezing that have been traditionally hard to treat.
4- The approach did not prove disease modifying, however it suggested the possibility that prevention minded care was worth studying.
5- These data support more personalized conversations between folks and their health care providers about when to add therapies and not just what to add.

Effect on Dyskinesia of the Early Combination of Amantadine to Levodopa-Therapy in Parkinson's Disease: A Randomized, Placebo-Controlled Study (PREMANDYSK) - PubMed

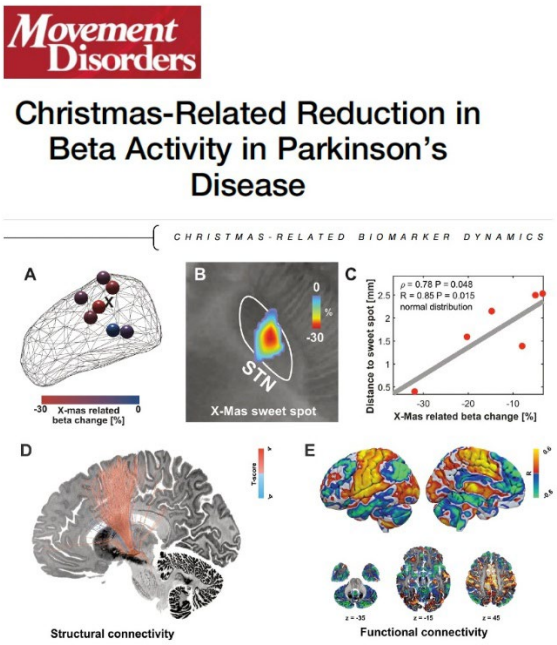
Movement Disorders

Effect on Dyskinesia of the Early Combination of Amantadine to Levodopa-Therapy in Parkinson's Disease: A Randomized, Placebo-Controlled Study (PREMANDYSK)



Can Christmas calm the Parkinson's brain? YES YES YES!

Spoiler alert: YES, we can prove it w/ brain signals recorded from actual persons w/ Parkinson's implanted w/ DBS devices. Beta activity refers to a brain signal measured in the subthalamic nucleus that frequently rises when PD symptoms are worse and falls when symptoms improve. Feldmann, Neumann colleagues describe in a paper in Movement Disorders how Christmas alters brain signals recorded from deep brain stimulation systems in the setting of PD. (Dr. Michael Okun)



COMMUNITY CONNECTIONS

~Monday, 11am Hamil-Kerr Strength class (zoom)

~Saturday 11am Hamil-Kerr Parkinson's Fitness (zoom) Coach Betsy

~Thursday, 3pm Zoom PD Spin, Ragsdale YMCA

~Thursday, 12pm In Person PD Spin, Spears YMCA

~ **In-person Parkinson's Spin Class at YWCA of Highpoint**
Tuesday and Thursday- 12:00-1:00

~**In-person Parkinson's Spin Class at Ragsdale YMCA**
Tuesday and Thursday- 10:15

~ In-person Parkinson's Dance with Hilary Savage – 1pm second and fourth Wednesday of every month. If you plan on attending in person, please join Hilary at PurEnergy, 1905 Ashwood Ct

~Rock Steady Boxing - Greensboro (in person)
~Rock Steady Boxing of Archdale (in person)
~Rock Steady Boxing of Asheboro
~Rock Steady Boxing of Lexington – link to be provided

~A.C.T. By Prince Deese

~For information on in-person 1:1 training in your home, contact Alesia Pendleton pendleton.alesia@gmail.com

~Parkinson's Stretch Class at Rock Steady Boxing, Greensboro (spouses welcome)- Friday at 11:30am

~Will Powell- 336-706-0271

ONLINE RESOURCES

~Michael J Fox Foundation: www.michaeljfox.org
~Davis Phinney Foundation: Live Well with Parkinson's TODAY - Davis Phinney Foundation

~Parkinson's & Movement Disorders Alliance: www.pmdalliance.org

~Parkinson's Association of the Carolinas: www.parkinsonassociation.org

~Michael J Fox Foundation: www.michaeljfox.org
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~Parkinson's & Movement Disorders Alliance: www.pmdalliance.org

~Parkinson's Association of the Carolinas: www.parkinsonassociation.org

And of course, reach out to me anytime.
Yours, Coach B

Rock Steady Boxing Certified Coach
Certified Parkinson's Disease Fitness Specialist
ISSA Certified Personal Trainer