

Tailored physical therapy helps people with Parkinson's

SOT

Irene Vaught, patient at OSF HealthCare Heart of Mary Medical Center in Urbana, Illinois

"I had dizziness. I would come to a step and freeze. My body would be stiff." (:10)

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"It's such an accomplishment. It just makes me feel so good that I can do something on my own." (:06)

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Caitlin Cleveland, occupational therapist at OSF HealthCare Heart of Mary Medical Center in Urbana, Illinois

"Because patients tend to do smaller and slower movements, they're not used to the intensity of what a normal step or reach would look like. So we're really trying to override that with the intensity and effort of a normal movement." (:15)

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"I put some leg weights on a chair and simulated it. We would work on her walking up to the chair, pulling it out, sitting and scooting forward." (:09)

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"To see patients regain independence and confidence in their own ability is awesome." (:05)

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"Sometimes I feel like I need more help. So when I go to see Caitlin, she just makes me feel so good. If I'm not putting out as much [energy] as I should, she makes me put it out." (:16)