

MGH Movement Disorders Clinic  
Wang 8  
Physical Therapist

If you have any further questions, please feel free to email or call.

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## *How can I prevent or reduce freezing?*

- Remove rugs or mats with contrasting colors
- Try stepping in place (marching) when opening doors instead of stopping
- Keep a consistent rhythm when walking; try to take large, even steps
- Don't try to do more than one thing at a time when walking

## *Can I get help to reduce my risk of falling?*

*Physical and Occupational Therapists who are experienced in the working with persons with Parkinson's disease can help determine your fall risk and help you develop ways to reduce your fall risk.*

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Physical and Occupational Therapy  
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MASSACHUSETTS  
GENERAL HOSPITAL  
PHYSICAL THERAPY

## *Fall Prevention for Persons with Parkinson's Disease*



MASSACHUSETTS  
GENERAL HOSPITAL  
OCCUPATIONAL THERAPY

## *The Problem.....*

- *Individuals with Parkinson's Disease have a much greater risk for falls than other people*
- *Most falls occur in or around the home*

## *The Cause.....*

- *Freezing of gait, an inability to take a step when starting to walk or when turning, is the major cause of falls in people with Parkinson's disease*

## *When does freezing happen?*

- In Crowded places
- In Doorways
- In narrow spaces such as aisles or church pews
- When changing from walking on one surface to another such as tile to carpet or pavement to grass
- When turning or changing direction
- When starting to walk
- When getting on or off an elevator

## *What should I do when it happens?*



- Do not try to fight through the 'freeze'
- Once you have stopped and have control of your balance, pick out a spot on the floor such as a speck in a rug or a line on a wood or tile floor
- Step on or over the "spot" and continue walking *Pretend to kick a ball*