



Pilates and Parkinson's (Muswell Hill Press)

Sarah Sessa, Karen Pearce

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This book is written for people with Parkinson's, especially in the early stages who are looking for an exercise regime that will keep them strong, flexible, and as mobile as possible. This book is also an indispensable guide for Pilates instructors who may not have experience working with Parkinson's clients. Physiotherapists may also find this book a useful aid to their practice. Up to date medical information is provided, written in such a way that is easy to understand for someone from a nonmedical background. In the early stages of Parkinson's, formal physiotherapy input may be indicated however it is important that the client makes sure they incorporate an appropriate exercise regime into their routine."

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