

Exercise Therapy

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PARKINSON GAIT

Definition

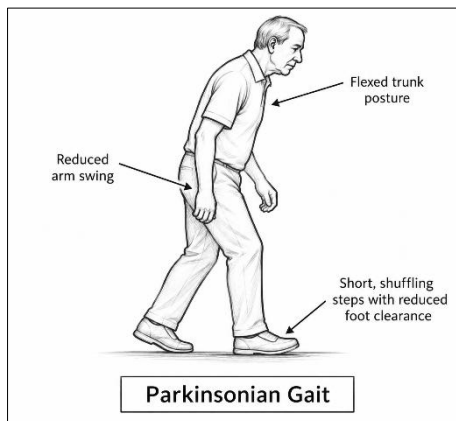
Parkinsonian gait is an abnormal gait pattern commonly associated with Parkinson's disease, characterized by short, shuffling steps, reduced arm swing, difficulty initiating movement, and a tendency to accelerate forward.

Parkinsonian gait characteristics:

1. Shuffling gait: The patient takes small, short steps with reduced foot clearance, causing the feet to appear to shuffle along the floor.
2. Festinating gait: The patient progressively accelerates forward, taking increasingly rapid and shorter steps, as if trying to catch up with the body's forward movement.
3. Freezing of gait: A sudden, brief inability to move the feet despite the intention to walk. It is particularly common when: Initiating gait, Turning, Changing direction
4. Typical Posture: Flexed trunk, flexed hips and knees, reduced arm swing, small steps

The neck, trunk, and knees of a patient with parkinsonian gait are flexed.

The arms are held stiffly and do not have their normal associative movement



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Reference:

1. O'Sullivan SB, Schmitz TJ, Fulk GD. Physical Rehabilitation. Elsevier.
2. Magee DJ. Orthopedic Physical Assessment. Elsevier.

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