



Dr. Abdul Qayyum Rana is a Canadian neurologist who specializes in Parkinson's disease and Movement Disorders. After his neurology residency training, he completed a fellowship in Parkinson's disease and Movement disorders from the University of Ottawa, Canada. Dr. Rana is currently the Director of Parkinson's Clinic of Eastern Toronto and Movement Disorders Centre in Toronto, Canada. He is the founder and former editor-in-chief of the *Journal of Parkinsonism and Restless Legs Syndrome*. Dr. Rana is also the founder of the World Parkinson's Program. He has published extensively in the field of Neurology, Parkinson's disease and Movement disorders. Dr. Rana has been an invited speaker on Parkinson's disease, and he has conducted seminars on Parkinson's disease at international levels. Dr. Rana has been honoured with the Wayne Hening Award for his research on association of Parkinson's disease and RLS. In addition to his BSc, MD, and FRCPC from the Royal College of Physicians of Canada, Dr. Rana has also been awarded an honorary FRCP from the Royal College of Physicians. He is not only listed in the "Who is Who in the World", but he is also included in the "Leading Physicians of the World" directory. He is the author of a series of educational brochures about Parkinson's disease which have been translated in more than 20 languages and are used in more than 50 countries around the world. Dr. Rana is author of several books including:

1. Neurological Emergencies in Clinical Practice
2. 50 Ways Parkinson's Could affect You.
3. An Aid to Neuro-ophthalmology
4. Natural Therapies for Parkinson's disease
5. Essential Tremor in Clinical Practice
6. Neurophysiology in Clinical Practice
7. Neuroradiology in clinical Practice
8. 99 Faces of Parkinson's disease.
9. Differential Diagnosis of Movement Disorders in Clinical Practice
10. Frequently asked Questions about Parkinson's disease
11. Dr. Rana served as Chief Editor for the book on Parkinson's disease, one of the top downloaded books by inTech Web, an open access publisher, published in three volumes.
12. Dr. Rana also served as Chief Editor for the book Synopsis of Parkinson's disease, by intech Web, an open access publisher, published in three volumes.

RANA EXERCISE DIARY For PARKINSON'S

Dr. A. Q. Rana, MD, FRCPC, FRCP (HON)
Toronto, Canada



DATE: _____ TO _____

Contributors:

Ruqqiyah K. Rana

Zainab Sarfraz

Muhammad Rana

Brief Instructions on how to use this Exercise Diary:

You should consult your physiotherapist and only do those exercises recommended by them, under their supervision. Your physiotherapist may select any program of exercises, their frequency, and intensity, based upon your physical capability, and assess you periodically. Please place a check mark in the box in front of the exercises completed. Take this diary to your physician on your follow up visits. You should use a diary for only 4 weeks, and you may obtain a new diary after 4 weeks of use. Some exercises may not be suitable for individuals with certain medical conditions or balance problems, and may pose certain risks. Therefore, you should always consult your physician before selecting an exercise program, as your physiotherapist will advise you to avoid such exercises. You should use this diary only after consultation with your physician. If you feel worsening, or any change in your medical condition, you should consult your physician immediately. The authors, publishers and providers do not take any responsibility for consequences arising from the use of this diary, or the exercises prescribed therein.

A Note from Author:

Besides medications, regular exercise helps Parkinson's patients significantly. However, after decades of working with Parkinson's patients, I still find it challenging to inspire patients enough to get them engaged in a routine of exercising. Thus, I decided to develop this exercise diary. This diary is a humble effort to inspire patients to engage in regular exercise. For more details, other texts books can be consulted. Healthcare professionals interested to provide suggestions in order to improve this diary may contact the author directly. I am grateful to Mr. Louie Lu, physiotherapist, and Dr. Ali T. Ghouse, Associate Professor of Physical Medicine and Rehabilitation for reviewing this exercise diary.

Abdul Qayyum Rana, MD, FRCPC, FRCP (HON), Consultant Neurologist

Parkinson's Clinic of Eastern Toronto, Toronto, Canada

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What Experts Say about Rana Exercise Diary for Parkinson's.....

"The value of exercise in Parkinson's disease is well established in medical literature. Exercise has beneficial effects for improving balance and mobility, thereby delaying and reversing functional decline. Dr. Rana has taken this a step further in structuring the exercises in a simple and practical way that increases compliance on a daily basis. Patients adhering to this regimen will find a decrease in the burden of disability and in the risk of falls."

Dr. Ali T. Ghouse MD, FRCPC, FAANEM, FAAPMR

Clinical Associate Professor of Medicine (Physical Medicine and Rehabilitation)

McMaster University, Hamilton, Ontario, Canada

"Regular exercise is the corner stone of healthy living. For people with Parkinson's disease, daily participation in specific therapeutic exercises is absolutely essential. Dr. Rana has put together a comprehensive, easy-to-follow program for patients with Movement Disorders. I would strongly recommend it."

Louie Lu,

Physiotherapist Rouge Valley Health System, Toronto, Ontario, Canada

"Dr. Rana's book emphasizes the importance of keeping a daily exercise diary. Every Sunday night, my care partner wife Bernadette and I schedule out our exercise program for the entire upcoming week. Then, we stick to it without further thought. We include some form of exercise for each and every day. What Dr. Rana does is provide compelling data that exercise is essential to maintaining a healthy lifestyle. This is especially true when one has a chronic illness, like Parkinson's. Entering my 16th year with PD, if I want to have the best quality of life possible for as long as possible, I no longer have a choice and neither do you.







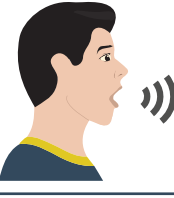
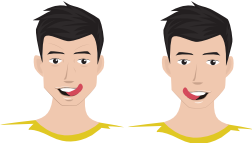
Along with improving your diet and having a positive attitude, Dr. Rana demonstrates that exercise is the remaining piece of the puzzle, said by some to slow the progression of Parkinson's. Since I started to take my health seriously, prompted by my Parkinson's diagnosis, I am actually in better shape than I was before my diagnosis. Dr. Rana's diary could be just the thing that you need to fight your battle with whatever chronic illness that you have".

John M. Baumann, JD - Internationally-recognized Inspirational Speaker

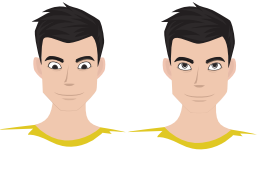
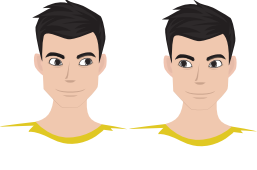
(johnbaumann.com), critically-acclaimed Author (Decide Success), and Chair of the

World Parkinson's Program Patient Mentorship Committee, Florida, USA

FACIAL EXERCISES

EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S
	<ul style="list-style-type: none"> • Look straight and keep the muscles of your face grimace 		1							
			2							
			3							
			4							
	<ul style="list-style-type: none"> • Raise your eyebrows while keeping your head straight • Keep face muscles in smiling position 		1							
			2							
			3							
			4							
	<ul style="list-style-type: none"> • Tightly close your eyes 		1							
			2							
			3							
			4							
	<ul style="list-style-type: none"> • Keep your face muscles in full smiling position 		1							
			2							
			3							
			4							
	<ul style="list-style-type: none"> • Open your mouth as much as you can 		1							
			2							
			3							
			4							
	<ul style="list-style-type: none"> • Puff your cheeks with lips tightly closed • Then blow the air out of your mouth 		1							
			2							
			3							
			4							
	<ul style="list-style-type: none"> • Vocalize loudly • La, La, La... • P, P, P... • E, E, E... • Gay, Gay, Gay... 		1							
			2							
			3							
			4							
	<ul style="list-style-type: none"> • Open your mouth and protrude out your tongue • Move your tongue to the left and then to the right 		1							
			2							
			3							
			4							

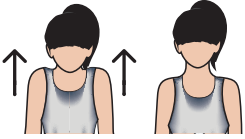
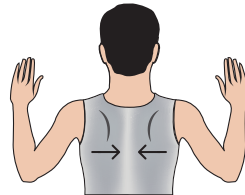
EYES EXERCISES

EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S	
			1	2	3	4	1	2	3	4	1
 <ul style="list-style-type: none"> • Keep your head straight and look down • Keep your head straight and look up 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Keep your head straight and look to the left • Keep your head straight and look to the right 			1								
			2								
			3								
			4								


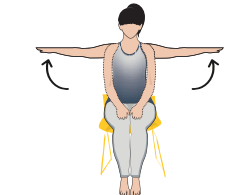
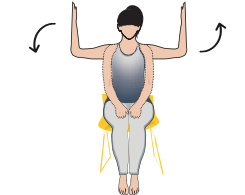
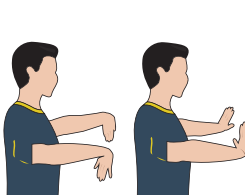
NECK EXERCISES

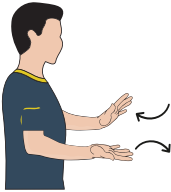

EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S	
			1	2	3	4	1	2	3	4	1
 <ul style="list-style-type: none"> • Keep your head straight and move your neck to the right and then to the left slowly and gently 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Bend your neck to the right and then to the left gently 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Bend your neck forward gently and then bring it back to the normal position 			1								
			2								
			3								
			4								

SHOULDER EXERCISES


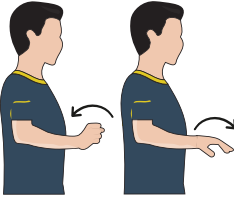
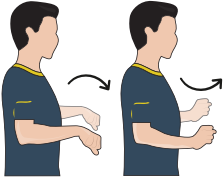
EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S	
			1	2	3	4	1	2	3	4	1
 <ul style="list-style-type: none"> • Sit straight in a chair • Raise your shoulders up • Lower your shoulders down 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Sit straight in a chair • Move to the front of the seat • Squeeze your shoulder blades together from the back • Bring shoulders back to the normal position 			1								
			2								
			3								
			4								

ARM EXERCISES

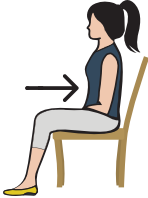
EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S	
			1	2	3	4	1	2	3	4	1
 <ul style="list-style-type: none"> • Sit straight in a chair • Raise both arms straight up • Lower both arms down 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Sit straight in a chair • Raise both arms up to the side • Lower both arms down 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Sit straight in a chair • Raise both arms by your side keeping elbows bent • Straighten one arm while bending the other elbow • Do it with the other arm 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Extend your arms and hands straight • Bend your wrists down, making your hands and fingers point toward the ground • Bend your wrists up making your palms face out and fingers pointing up 			1								
			2								
			3								
			4								



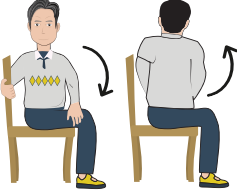
EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S	
			1	2	3	4	1	2	3	4	1
	<ul style="list-style-type: none"> • Raise both arms by your side keeping elbows bent • Rotate one hand clockwise and anti-clockwise • Repeat with the other hand 		1								
			2								
			3								
			4								
	<ul style="list-style-type: none"> • Place your both hands on your knees • Slowly raise them above and tap your knees with your hands 		1								
			2								
			3								
			4								

HAND EXERCISES


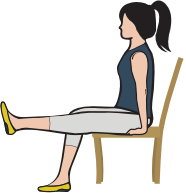

EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S	
			1	2	3	4	1	2	3	4	1
	<ul style="list-style-type: none"> • Tap your index finger and thumb as fast as possible and as wide as possible • Do it with the other hand 		1								
			2								
			3								
			4								
	<ul style="list-style-type: none"> • Raise your arm by your side keeping elbow bent • Make a fist and then fully open your fist • Do it with the other hand 		1								
			2								
			3								
			4								
	<ul style="list-style-type: none"> • Make a fist • Bend your fist up and down • Do it with the other hand 		1								
			2								
			3								
			4								

TRUNK EXERCISES

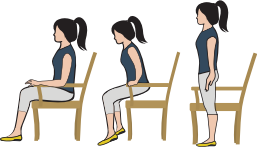
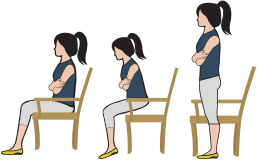



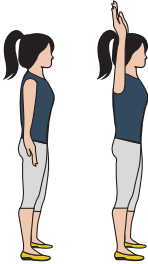
EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S	
			1	2	3	4	1	2	3	4	1
	<ul style="list-style-type: none"> • Sit up straight in a chair • Pull your stomach in • Breath in and out 		1								
			2								
			3								
			4								

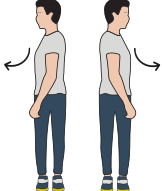

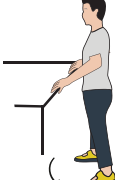
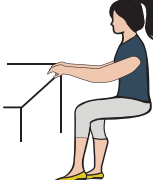
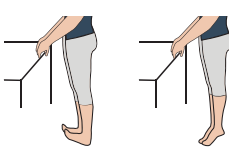
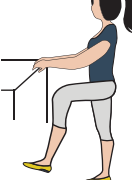


EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S	
			1	2	3	4	1	2	3	4	1
 <ul style="list-style-type: none"> • Sit up straight in a chair • Put your both hands on your knees • Tilt your head forward • Bend your back slowly • Move back to a straight position 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Sit up straight in a chair • Tilt your head up and back gently and slowly • Straighten your head and back 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Sit up straight in a chair • While sitting, rotate your body from your waist to the left and then to the right 			1								
			2								
			3								
			4								

LEG EXERCISES

EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S	
			1	2	3	4	1	2	3	4	1
 <ul style="list-style-type: none"> • Sit up straight in a chair • Hold on to the sides of the chair • Bend one knee up towards your chest, then bring it down • Repeat with the other leg 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Sit up straight in a chair • Straighten one knee as much as possible then bend it back • Repeat with the other foot 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Sit up straight in a chair • Bend your foot up and down • Repeat with the other foot 			1								
			2								
			3								
			4								

STANDING EXERCISES

EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S	
			1	2	3	4	1	2	3	4	1
 <ul style="list-style-type: none"> • Sit straight in a chair • Hold onto armrests and lean forward • Keep one foot ahead of the other • Push with arms and stand up straight • Bend knees and sit down slowly • Beware of falling 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Sit straight in a chair with arms folded • Stand up without any support and then sit down without any support • Beware of falling 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Stand holding on to a chair • Move one leg backwards and forwards • Keep your knee straight • Repeat with other leg 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Use a low height firm stool for support • Keep your both hands on the stool and bend forwards • Come back to standing position while keeping your knees and shoulders straight 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Stand unsupported with something sturdy for support if needed • Keep your posture straight • Stand with feet apart • Count up to 50 			1								
			2								
			3								
			4								
 <ul style="list-style-type: none"> • Keep your posture straight • Stand with both feet apart • Raise your arms above your head and lower them down 			1								
			2								
			3								
			4								

EXERCISE	DESCRIPTION	REPEAT	WEEK	M	T	W	T	F	S	S
	<ul style="list-style-type: none"> • Stand straight and keep your arms in front • Stand with both feet apart • Maintain your balance while turning your body to the left and then to the right 		1							
	<ul style="list-style-type: none"> • Stand against a wall with both feet apart • Pull your stomach in • Breath in and out slowly 		1							
	<ul style="list-style-type: none"> • Hold on to a counter top with both hands • Keep your feet apart • Move one leg out to side, keeping your knee straight and bring it back • Repeat with the other leg 		1							
	<ul style="list-style-type: none"> • Hold on to a counter top keeping feet apart • Bend at hips and knees, then stand up straight • Beware of falling 		1							
	<ul style="list-style-type: none"> • Hold on to a counter top while standing with both feet apart • Holding countertop, stand only on your toes • Holding countertop, stand only on your heels 		1							
	<ul style="list-style-type: none"> • Hold on to a counter top with both hands • Stand straight with feet apart • March with alternating legs while standing on the same spot 		1							
	<ul style="list-style-type: none"> • Hold on to a counter top, keeping feet apart • Keep your left leg straight on ground. • Lift your right foot and cross it in front of the left foot and then bring it back • Keep your right leg straight on the ground • Lift your your left foot and cross it in front of the right foot and then bring it back 		1							
	<ul style="list-style-type: none"> • Stand straight with feet apart • March straight with wide arm swings • Maintain your balance 		1							
			2							
			3							
			4							

Exercise is an important adjunct in the treatment of Parkinson's disease. Experts recommend every Parkinson's patient to engage in regular exercise. World Parkinson's Program not only endorses this dairy, but also encourages people with Parkinson's to diligently follow a daily exercise program as it greatly helps improve Parkinson's related symptoms.

ABOUT WORLD PARKINSON'S PROGRAM:

World Parkinson's Program (WPP) is a Canadian based charitable organization dedicated to improving quality of lives of people with Parkinson's. WPP differentiates itself from other Parkinson's organizations as its focus is to improve people's lives today by providing Parkinson's medications, walking aids, multilingual educational literature and other supportive services to needy Parkinson's patients and caregivers.

Some unique services of the World Parkinson's Program include:

FREE PARKINSON'S MEDICATIONS:

Parkinson's patients need medications multiple times a day to continue with their daily chores. Failure to take medications make simple activities such as brushing teeth or changing clothes very challenging.

There are Millions of people with Parkinson's around the world who are unable to afford their medications. WPP's goal is "No Parkinson's patient anywhere in the world should face a day of without Parkinson's medications" and hence WPP is currently running "SPONSOR TREATMENT OF ONE PARKINSON'S PATIENT" Campaign. This not only allows WPP and its donors to improve lives of people with Parkinson's globally that are afflicted with poverty, but also helps them fight Parkinson's every day.

WALKING AIDS:

WPP strives to provide walkers, canes, wheelchairs and other assistive devices to people with Parkinson's. WPP's Fall Prevention Campaign helps prevent people with Parkinson's from falling by providing them with the necessary devices they need at no cost.

MULTILINGUAL PARKINSON'S LITERATURE:

Many Parkinson's patients globally are suffering in silence due to lack of knowledge and resources available to them. WPP is the only global organization that is focused on improving the lives of Parkinson's patients by empowering them with the knowledge they need in their own language, so they can fight Parkinson's more effectively. In its endeavor to spread Parkinson's knowledge to various communities globally, WPP has developed educational brochures, CDs, and booklets in more than 20 different languages. Currently, WPP's Parkinson's brochures are used in more than 50 countries for patient education.

Visit WPP website if you like to help someone who is fighting Parkinson's and need your help at World Parkinson's Program