



I can't walk as far or as fast as I did

Rehabilitation in Parkinson's Disease: Strategies for Cueing

Why can't I walk as far and as fast as before?

- Walking is more effortful than usual because you have to think about what you are doing.
- Muscles and joints that are stiff are more difficult to move and tire more easily.
- If you are generally doing less your level of fitness will suffer.

What can I do about it?

It is important to maintain your fitness level to allow you to walk to the best of your ability.

Walking at a slightly increased speed in time to a beat is a good way of improving your cardiovascular fitness.

Using a slightly slower rhythm allows you to maintain the quality of your walking pattern over a greater distance to improve your endurance.

You may find with regular practise, e.g. walking for half an hour a day, you can walk further and faster.

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