



I feel stiff generally

Rehabilitation in Parkinson's Disease: Strategies for Cueing

Why do I feel stiff all over?

- If movements are more difficult the tendency can be to avoid doing them which leads to more stiffness.
- Poor posture can lead to stiff joints.
- If you are walking with shorter steps you are not stretching the leg muscles as much as usual.

Where might I feel most stiff?

- The joints of your spine and shoulders are particularly prone to stiffness.
- Your legs will feel stiff if you are less mobile.
- You may have stiffness in your hands and arms if coordination is difficult.
- When your medication is not working well, especially early in the morning.

What can I do about it?

Moving well will allow you to be more active and will reduce your level of stiffness.

Working on the quality of your walking and your posture will be beneficial.

Regularly moving all the major joints in your body through their full range of movement will prevent stiffness. Using a rhythm or music will help you to make the movements bigger.

If you have a specific area of stiffness, a physiotherapist may show you stretches or exercises to help. They may suggest a general exercise group in the community.

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