



## Involuntary movements (dyskinesia) affect my walking

### Rehabilitation in Parkinson's Disease: Strategies for Cueing

#### Why do I find it difficult to walk with dyskinesia?

- Involuntary movements are unpredictable – mostly you do not know when they will occur, for how long or the type or size of movement they might be.
- Walking is made up of a number of sub-movements that occur in sequence. Involuntary movements disrupt the flow of the sequence, affecting balance and safety.

#### When might this happen most?

- Both increasing and decreasing the dosage of Parkinson's disease medication may cause involuntary movements.
- Over time the response to medication can become shortened and unpredictable and involuntary movements may appear. They can occur in the period before and after dosage.
- In advanced Parkinson's disease the benefits of the 'on' phase between two doses of medication can be affected by involuntary movements.

#### What can I do about it?

Close monitoring of medication response is needed to maximise drug therapy and minimise side effects.

Find a pattern on the floor, e.g. tiles on the pavement, to guide your feet while walking. This can help you to both walk in a straight line and avoid drifting to the side.

Walking at a slightly increased speed in time to a beat may help as this restricts the time available for the involuntary movements to disrupt stepping.

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