



What are cues and why can cues help?

Rehabilitation in Parkinson's Disease: Strategies for Cueing

What are cues?

Cues are prompts that give information on when and how an action should be carried out. In relation to walking this information can be about the timing of movement or the size of movements.

Types of cues

Cues can be –

Attention – thinking about your movement.

Auditory – a beat from a metronome or music.

Visual – a marker e.g. on the floor or wall.

Why can cues help?

Cues make movement less dependent on the automatic pilot, which is situated in the part of the brain affected by Parkinson's disease.

Cues use a different route through the brain to activate and maintain movement.

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