



I walk more slowly now

Rehabilitation in Parkinson's Disease: Strategies for Cueing

Why do I walk more slowly?

- The rhythm of walking can be affected and the steps do not follow each other as quickly.
- Walking is more effortful and stiff joints may slow you down.
- If you have to concentrate on your walking it is difficult to speed up.
- Because your steps become shorter you cover less distance in a given time.

When might this happen most?

- When you are tired.
- When your medication does not work well.
- When you are distracted.
- When you have not been very active.

What can I do about it?

You can increase your speed of walking by using a faster rhythm than you normally use. You can increase your rhythm by counting in your head or by using a metronome beat.

You can think about taking bigger steps, making them long and even. You can use stripes in floor patterns, or on paving stones, as visual cues for this purpose.

You should never increase your speed if the quality of your walking suffers.

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