



I tend to shuffle

Rehabilitation in Parkinson's Disease: Strategies for Cueing

Why do my steps become smaller?

- The automatic pilot in the brain is not sending a strong enough signal and the movement that results is therefore smaller.
- It can be more effortful to walk with bigger steps.
- Stiff muscles and joints can cause small steps.

When might this happen most?

- When you have been walking for a while.
- When you are distracted by another task such as carrying something or talking.
- If you have been inactive and are stiff, e.g. first thing in the morning.
- When your medication does not work well.

What can I do about it?

Concentrate on keeping your steps long and even. This may be easier if you use a prompt such as counting or instructing yourself to 'heel – toe'.

This is more difficult in busy areas when you might be distracted so you might want to use an alternative cue.

Visual cues – using stripes in floor patterns, on paving stones.

Auditory cues – use a rhythm from a metronome or a piece of music with a definite beat.

You may have to reduce your normal number of steps to make them longer. It is better to take fewer, longer steps than lots of fast, shuffling ones.

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