



My feet stick to the ground (I freeze)

Rehabilitation in Parkinson's Disease: Strategies for Cueing

Why do my feet stick to the ground?

- The automatic pilot in the brain stops giving the instruction to step.
- Walking is a complex series of movements (steps) strung together in a sequence; if one part of the sequence is interrupted the whole movement can come to a stop.

When might this happen most?

- When you are approaching doorways, chairs or obstacles.
- When you are taking turns or changing direction.
- When you are distracted by another task and stop focusing on your walking.
- In places that are crowded or cluttered and therefore more difficult to negotiate.
- When the 'flow' of your walking is interrupted and you cannot keep a rhythm going.
- When your medication does not work well.

What can I do about it?

If you feel yourself sticking, S T O P . Think about standing tall with your feet apart. Shift your weight from side to side to unlock. Try making a very definite large step, and continue this pattern for the first few steps until you feel you've got going.

If there are areas where you stick often, you might want to use cues, e.g. a stripe on the floor to step over or stepping in time to a metronome beat.

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Start to count or use the beat as you approach where you stick.



Keep stepping during a turn or when opening a door.

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If you need an extra prompt to keep stepping, start to stamp your feet on the floor. Stamping also works when you are turning.

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