



I get stuck in the chair

Rehabilitation in Parkinson's Disease: Strategies for Cueing

Why do I get stuck in the chair?

- It is often the first part of a movement that is most difficult.
- Moving from one position (sitting) to a very different position (standing) requires lots of effort from your muscles.
- Moving from one position to another requires a complicated series of movements to happen in a specific order.

What can I do about it?

Rehearse the movement in your head. Have a set of simple commands for each part of the movement.

Front of chair

Hands on chair arms

Feet flat on floor

Nose over toes (feel your weight move on to your feet)

Head up

Stand tall

If you are sitting far back in a soft chair, rock from side to side to travel to the front of the chair. Counting may help this sideways movement. Once at the front of the chair, you can count whilst rocking gently forwards and backwards to give yourself some momentum to push up.

This information was prepared
by members of the Rescue
project

Last updated: March 2005

As an alternative to counting, you can use a metronome beat or music.

You can use a visual target on the wall opposite to help you straighten as you stand.



This project was funded by the
European Commission under
the Fifth Framework Quality of
Life Programme, Contract
Number QLK6-2001-00120