



I can feel myself stooping

Rehabilitation in Parkinson's Disease: Strategies for Cueing

Why do I tend to stoop?

- Your brain will not automatically remind you to straighten up.
- Stiffness in your trunk can make it difficult to straighten up.
- It is difficult to concentrate on your posture when you are thinking about your walking or other movements.

When might this happen most?

- If you have been in one position for a long time, e.g. sitting watching television.
- When you are tired.
- When you have to concentrate particularly hard on another activity.
- When your medication is not working well.

What can I do about it?

Try to be aware of your posture in sitting, standing and walking.

Have a checklist for good posture in sitting –

Am I sitting at the back of the seat?

Am I using the headrest?

Am I sitting centrally, not leaning over to one side?

Establish a prompt to revisit your checklist regularly, e.g. checking your posture each time the advertisements are shown on the television.

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Use a visual target to help lift your gaze from the floor to aid good alignment, e.g. a clock on the wall.

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