

CNS Parkinson

Individual Therapeutic Programme



Intensive rehabilitation and educational programme for individuals with Parkinson's Disease

Initial Assessment & Therapeutic Plan

The initial assessment will identify the patient's problems and determine the individualized treatment plan and objectives to evaluate the progression after the programme. The rehabilitation team and the expert for Parkinson's, PhD Joaquim Ferreira, will conduct the assessment and issue an Individual Treatment Plan which will set the intensity of the program and adjust results to the clinical condition of the patient. The Treatment Plan is a comprehensive approach that gathers knowledge from different areas, including: Neurology, Physical Rehabilitation, Hydrotherapy, Neuro-rehabilitation, Speech Therapy, Diet and Nutrition and Psychology.

Held in [English](#).

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Intensive Rehabilitation

Daily rehabilitation will take up to 6 hours, according to the guidelines set in the Treatment Plan. Exercise programs cover different techniques:

- LSVT LOUD™ and LSVT BIG™ Program Parkinson
- Nordic Walking Program
- Hydrotherapy Bad Ragaz and Halliwick in Parkinson
- Ronnie Gardiner Rhythm Method®
- Parkinson's Dance Program
- Parkinson's Dance Program
- Adapted Parkinson Boxing Aerobic

The Rehabilitation Team will conduct the Treatment Plan, adjusting intensity to the patient's tolerance. They will continuously support the patient and supervise the treatment.

Learning

Educational sessions aim to explore strategies for better management of daily issues:

- Medication issues
- Sleep disturbance
- Common misconceptions
- Exercise, speech, swallowing and diet tips
- Balance tips
- Non-motor issues

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Stay at the Campus

The Campus includes 7 studio flats and 11 apartments with a separate bedroom, where camp participants will be lodged. Both have fully equipped kitchenettes and private bathrooms. In addition, the main building contains a residential unit with spacious, airconditioned single (20) and double (11) rooms, with private bathrooms adapted for people with disabilities. The campus is set amid extensive gardens and has an indoor pool, a fully equipped and adapted gym as well as an outdoor exercise area. It offers full hotel services as well as specifically tailored facilities for people with Parkinson's.

Patients can rely on assistance 24/7, contacting someone for help at any time, either from the room or from any public area.

Please contact us if you have further questions:

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