



Motivating Moves[®]
for People
with Parkinson's

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Parkinson's DVD Samples

See excerpts from Janet Hamburg's award-winning "Motivating Moves for People with Parkinson's" DVD/video, distributed by the [Parkinson Foundation of the Heartland](#). It was originally co-produced and distributed by the Parkinson's Disease Foundation. It features seated exercises and practical tips that address balance, flexibility, walking, posture, breathing, spatial awareness, vocal range and facial expression. Each exercise enhances sensory motor integration. Pilot research has shown that participants who used the program improved in balance and mobility and in activities of daily living and quality of life measures. It's also motivational and fun to do. The music was especially composed and performed by longtime Juilliard faculty member Robert Abramson, based on the principles of Dalcroze Eurhythmics and Neurologic Music Therapy.

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| Sample #1: Parkinson's DVD Sampler (4 minutes) | Click here to view the DVD sampler |
| Sample #2: How to Do Motivating Moves (15 seconds) | QuickTime Windows Media Player |
| Sample #3: Exercise Class (15 seconds) | QuickTime Windows Media Player |
| Sample #4: Practical Tips for Daily Living (30 seconds) | QuickTime Windows Media Player |

If you can't view the above movies,
please click on the appropriate link below to download the plug-in.



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