

PD Hour of Power: Parkinson's Disease Exercise Group



What is PD Hour of Power?

The Hour of Power program is a 1 hour exercise program for patients with Parkinson's disease. Exercises are tailored and specific to improve and maintain physical function and mobility. Be prepared to work hard!

Did you know?

Current evidence tells us that high intensity and high effort exercise for Parkinson's disease can improve and maintain:

- + Movement
- + Thinking and cognition
- + Functional performance
- + Energy levels
- + Driving the brains ability to rewire itself
- + Reducing tremor and stiffness
- + Balance
- + Walking distance
- + Increasing strength
- + Quality of life.

How to participate

New members require a one-on-one physiotherapy assessment prior to transitioning into a group. We currently have classes available on Thursdays and Fridays.

To book your physiotherapy session, please call us on 07 3834 4285.

Our location

St Andrew's Day Rehabilitation and Outpatient Department

Level 4, St Andrew's War Memorial Hospital

Phone: 07 3834 4285

Email: sawmh-dayrehab@uhealth.com.au

Parking is available for patients at a discounted rate of \$10. Please use the hospital carpark, access via North St, Spring Hill.

Cost

- + Initial physiotherapy appointment: \$110
- + Group PD Hour of Power class: \$25 each or a 5 class pass for \$100

Hicaps is available to process private health extras cover rebates on the spot.

Please note, prices correct as of March 2023.

Prices are subject to change without notice.

More information

Scan the QR code to visit our website

www.standrews.ph/Parkinsonsprogram

