



PWR specifically focuses on "neuroplasticity-principled programming" and is research-based with a focus of restoring function and improvement of quality of life. The essential principles are supported by the new 2016 European Parkinson Guidelines and involve the training of progressive aerobics and PD-specific functional skill training.

Goals of Therapy

- Treat symptoms of tremors and rigidity
- Treat "freezing episodes" or slow movements
- Improve walking speed
- Improve shuffling gait/ walking pattern
- Reduce of falls
- Help correct posture
- Improve balance



Tara Porter, MPT



The GlideTrak can provide sustained 100% body weight support. This puts the user in complete control of the training, allowing for immediate and continuous stride adjustments to eliminate pain and increase ease of treadmill use. This control gives users the confidence necessary to challenge themselves with more aggressive workouts without fear of hurting themselves or of falling.

Contact us to schedule an appointment with Tara at any of the three outpatient facilities listed below:

Leechburg
Kiski Park Plaza

Plum Boro
Plum Community Center

Lower Burrell
Wildlife Lodge Road & Kipp Avenue

724-845-2048
www.westarmtherapy.com