

Why Parkinson's-Specific Exercises Matter

Neuroplasticity is the brain's capacity to reorganize, create new connections, and strengthen existing pathways in response to injury, learning, or targeted activity. Parkinson's-specific exercises harness this capacity, helping people move better, feel stronger and live more independently.

Unlike general fitness routines, Parkinson specific exercises target the key challenges that come with the condition, such as balance, coordination, stiffness, walking difficulties, and doing two things at once. These exercises use carefully planned combinations of high-intensity aerobic work, resistance training, and cognitive-motor challenges (e.g. walking while performing a task), to target both motor and executive control systems, strengthening dopaminergic signalling, reducing fall risk, and enhancing everyday function.

When done regularly, these exercises don't just maintain fitness - they help rewire the brain, improve how you move, and build resilience against the progression of the disease.

How can we help

cann is a licensed provider of PD Warrior[®], an evidence-based exercise approach designed specifically for people with Parkinson's. Through our national network, we connect people with expert neurological physiotherapists who:

- Understand Parkinson's and how it affects everyday life
- Where available in your area - are trained in PD Warrior[®] methods and resources
- Tailor programmes to match individual needs, abilities, and goals
- Help people access safe and effective exercise options in their region

If you're newly diagnosed, your support may include:

- A comprehensive physiotherapy assessment
- Follow-up sessions tailored to your goals
- Help finding local Parkinson's-specific exercise classes
- Guidance on safe movement strategies and pacing
- Reliable resources and follow-up review if needed

Where to start

Whether you're ready to get moving or unsure where to begin, our clinicians are here to help you build a sustainable exercise routine specific to you!. We focus on practical goals, preserving function, and supporting long-term confidence.

If you've been diagnosed with Parkinson's in the last 12 months by a neurologist or geriatrician – or have a confirmed diagnosis linked to a PINK1 gene variant – you may be eligible for support through our national allied health network.

[Find out more and check your eligibility here](#)

Additional Resources

Parkinson's New Zealand - <https://www.parkinsons.org.nz/understanding-parkinsons/parkinsons-treatment>

<https://www.parkinsons.org.nz/get-support/exercise-programs>

Parkinson's UK - <https://www.parkinsons.org.uk/information-and-support/physical-activity-and-exercise>

PD Warrior--- [Exercise Based Parkinson's Treatment - Live Brave - PD Warrior](#)

LSVT- BIG [Physical therapy for Parkinson's | LSVT BIG](#)

Disclaimer

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