



## Punchin' Parko's Exercise Program

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### So you want to join the Punchin' Parko's Exercise Program?

*"A journey of a thousand miles begins with a single step"*

Lao-tzu, Chinese philosopher (604 BC - 531 BC)

Congratulations! You have taken the first step of what will now become a life-long journey!

#### **Q & A** Answers to Questions you may have.

##### **Q. How can I participate?**

To ensure your safety and so that we can best tailor the exercise regime for you personally, we need to gather some information about you. This information will not be shared beyond the Punchin' Parko's administrators and coaches without your permission.

##### **Q. What do I need to do before attending your first Punchin' Parko's session:**

1. Ask your GP or neurologist to complete & sign a PwP Medical Assessment Form.
2. Contact PPEP to book in for a grading which takes 30 to 60 minutes.

Also required if your carer is going to participate \*

3. A Carer Medical Assessment Form, completed & signed by a GP.

\* A carer is often required to assist PwPs graded as a 3 or 4.

##### **Q. What should I bring to the grading?**

1. Your completed & signed PwP Medical Assessment Form (& one for your Carer, if necessary).
2. Your unsigned Waiver and Release of Liability Form. (& one for your Carer, if necessary). This needs to be signed and witnessed by a member of the PPEP team.
3. Your completed and signed Application Form.
4. Your completed Questionnaire about your Parkinson's disease & General Health.

### **Q. Where can I get these forms and how do I book a grading?**

Download them from this website. Alternatively, call us to have them sent.

### **Q. What is the grading and why do I have to do it?**

The purpose of the grading is to assess your physical capabilities so we can tailor the exercises for people of similar capabilities. The grading should take about 30 - 60 minutes, and will consist of several tasks. Each task will be demonstrated and explained to you before asking you to do the activity.

If you feel you cannot do any or some of the tasks, let the assessor know at the time. You will not be forced into any activity you do not feel comfortable with.

#### **Task 1 FULLERTON BALANCE ASSESSMENT**

A series of simple activities designed to measure your balance, walking and general posture.

#### **Task 2 TIMED UP AND GO TEST**

In this activity we measure the time it takes you to stand from a seated position and walk 3 meters. If you normally use some sort of walking stick, to do this at home, you may use the support during this test.

#### **Task 3 THE 30-SECOND CHAIR STAND TEST**

This is to test leg strength and endurance.

#### **Task 4 DAVIES TEST**

This test is a little more taxing. You hold a push-up / plank like position and have to touch two points marked a distance apart on the floor. This is repeated for fifteen seconds. Your score is the number of touches completed.

#### **TASK 5 PURDUE PEGBOARD TEST (Optional)**

This activity gives us an idea of your fine motor skills. Your trainer may or may not include this test.

### **Q. What happens after the grading?**

Based on your overall score, you will be awarded a group number. Each group number represents different capabilities and signals to the coach what exercises are appropriate for each person.

After participating in the program for a few weeks, you should feel better and be able to do many things better than before you started. Over time, we can monitor your improvement by comparing the results from your first assessment to those of subsequent assessments. This is invaluable information for you and your health care team.

### **Q. What type of clothing should I wear?**

Wear whatever is comfy for you - shorts, tracksuit, t-shirt. Loose clothing is ideal. You will receive a Punchin' Parko's t-shirt when you join. We encourage you to wear it to every session.

### **Q. What shoes are suitable?**

Usually the policy in the gym is no shoes allowed, as grit and dirt can damage the expensive floor mats. However, VT1 will allow PP's to wear shoes (preferably a supportive gym shoe), if they want to, provided that the soles are clean with no bits of dirt in the grooves.

**Q. Do I need my own boxing gloves and gear?**

PP will initially lend you gloves and wraps (that you wrap around your hands & wrists to protect them inside the glove), but lending is not recommended on a long term basis. For hygiene reasons, it's best for you to purchase your own wraps and gloves. You will be able to purchase top quality items through your coach.

**Q. What else do I need to bring?**

1. Bring a reusable water bottle, preferably a bottle with an in-built stopper / straw mechanism. These are much easier to use when you have gloves on (no need to screw / unscrew tops).
2. Bring a beach or bath towel. Sometimes you need to lie on the floor, particularly for stretching. A towel will protect you from other people's perspiration, which in turn reduces the likelihood of transmitting communicable (fungal & bacterial) diseases, especially on the skin.

**Q. How often should I come?**

Initially, until we gauge how many people want to participate, we suggest two sessions a week. The main thing to remember is that the more effort you put in, the better the results you should experience.

**Q. Can my carer come with me?**

The PPEP encourages carers to participate in the session at no extra charge. Depending on your grading, having a carer with you may be compulsory. If the carer does not wish to participate, they can socialise amongst themselves whilst classes are on. Carers may only participate at no charge when accompanying a PwP. Only PwP's can join the program.

Carers who wish to participate with their PwP must submit a Carers Medical Assessment and a Waiver and Release of Liability Form.

**Q. Whom do I pay and how much?** See the Shop for Chatswood venue but for other places discuss this with your coach.

**Q. What if I am not in a financial position to afford these sessions?**

Privately approach the PPEP and tell them of your circumstances. Every effort will be made to ensure no person misses out because of their financial situation.

Go to **Contact** and send an enquiry form