

**Longer-term exercise  
interventions in people with Parkinson's  
disease**

**HANDWRITING EXERCISE BOOKLET**

**Week 25**  
**(Sessions 49 and 50)**

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BROOKES  
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**Oxford University Hospitals**



NHS Trust

## **Welcome to the handwriting booklet.**

You have been given this booklet because you have been allocated at random into this part of the research study, which is looking into the benefits of long-term exercise for people with Parkinson's disease (PwP's). We are hoping that we will be able to demonstrate that exercise in various forms is useful for PwP's, and that by practising different manual control exercises each week, you may be able to stave off the usual deterioration in handwriting and drawing, that often accompanies Parkinson's Disease. Please do try to complete all of the exercises on time, and for the whole of the period, as it is only then that we can evaluate how successful is this part of the study.

### Getting Started

A physiotherapist will help you get started with the first set of exercises and also give you some hand exercise equipment.

Each exercise booklet contains 2 sessions for each week that you are involved in the study.

We will ask you to practise your handwriting on 2 separate occasions during the week.

Each session will normally last about 1 hour.

We will send you your handwriting exercise booklets every 2 weeks.

So you will receive 2 booklets with 2 handwriting sessions in each.

You do not need to send your handwriting booklets back to the study coordinators, your contact physiotherapist will collect them from you when they visit you.

If you have any questions or need to ask advice then please contact the study physiotherapist on the number

**CONTACT NAME:**

**CONTACT TEL NUMBER**

## **HANDWRITING WARM-UP and ADVICE**

Handwriting styles may vary depending on your age, the amount of time you have to write something and the surface you are writing on and, obviously on whether or not any tremor or rigidity affects your ability to move and coordinate the muscles in you hand. Tremor or rigidity may vary over time, or even during a day, but this is quite normal for PwP's. Please try to write as you would do normally— we are not looking for perfect handwriting, but whether your handwriting does vary and hopefully improve in the course of your involvement in this study.

Before you start this handwriting exercise session consider the following:

Are you sitting comfortably?

Is your chair comfortable for you?

Do you have a table/hard surface to write on?

Can you rest your hands easily on the table/surface?

Are your feet able to reach the floor?