

TAKE THE HANDWRITING CHALLENGE

Delay the Disease - David Zid and Jackie Russell

David and I have a theory that large muscle exercises (with big movement), performed on a daily basis, may have a positive impact on motor dexterity, and therefore improve small, shaky handwriting. Take this challenge and help us try to prove our point.

It involves you, the person with Parkinson's, performing a group of 4 different large muscle, big movement exercises EVERY SINGLE DAY, for a period of 12 weeks. Please try to perform your exercises during your "on" time. Also attempt to perform at the approximate same time of day if possible. Complete all repetitions. Being consistent with the exercises is very important – we want our study to be reliable and valid. It should take less than 10 minutes to complete this set of exercises, so this is easy and doable for anyone.

We will ask that you log your exercises daily on paper so we can keep track of your work. Then at designated intervals (every 3 weeks) we will have you write a sentence and look at how your handwriting may change. We also need to collect a bit of information about you up front so that we can determine the kind of group we have with respect to when you were diagnosed, age, gender, etc.

If you have medication changes during this twelve week period, please document this on your log sheet. Write down the dosage/medication change and the date of that change.

Ultimately, we would like to analyze our findings and perhaps write about and publish our results. If this happens, we would certainly maintain your privacy and never release your name or other private personal information. This project is completely voluntary, and if at any time you would like to stop your participation, you are free to do so.

If your handwriting does not improve, this has NOT been time wasted. These exercises may also benefit your ability to walk, improve rigidity and perhaps reduce tremor. You have nothing to lose.

If you are interested in participating, please fill out the enrollment sheet and sign at the bottom. When you have completed 12 weeks of daily exercise (filled in daily log sheet) and the interval handwriting samples, send the 3 sheets back to us (enrollment form, log sheet, handwriting sample sheet) at this address:

Delay the Disease/Handwriting Challenge
PO Box 20370
Columbus, Ohio 43220

David and I are excited about this project and will certainly share our results. Good luck, and keep exercising!

Jackie Russell, RN, BSN

David Zid, BA, ACE, APG Certified Functional Fitness Trainer

ENROLLMENT FORM

DELAY THE DISEASE HANDWRITING CHALLENGE

NAME _____

EMAIL ADDRESS _____

HOME ADDRESS _____

PHONE _____

GENDER MALE FEMALE (*CIRCLE ONE*)

CURRENT AGE _____ AGE WHEN DIAGNOSED WITH PD _____

AGE WHEN YOU THINK YOUR FIRST SYMPTOM OCCURRED _____

MY FIRST SYMPTOM WAS _____

PRESENTLY WITH MY DISEASE I NOTICE: (*CIRCLE ANSWER THAT BEST DESCRIBES YOU*)

SYMPTOMS ON ONE SIDE OF MY BODY ONLY

SYMPTOMS ON BOTH SIDES OF BODY, NO TROUBLE WALKING

SYMPTOMS ON BOTH SIDES OF BODY, MINIMAL TROUBLE WALKING

SYMPTOMS ON BOTH SIDES OF BODY, MODERATE TROUBLE WALKING

SYMPTOMS ON BOTH SIDES OF BODY, UNABLE TO WALK

BEFORE THIS STUDY I EXERCISED: (*CIRCLE ONE*)

NEVER RARELY SOMETIMES REGULARLY

I (CIRCLE ONE) AGREE DECLINE TO PARTICIPATE.

SIGN NAME AND DATE _____

Handwriting Challenge Exercises

Delay the Disease

Perform these 4 exercises every single day – faithfully, for a period of twelve weeks. Try to perform during your “on” time-mostly the same time of day. Keep a log of the date and time that you perform the exercises every day. Make all your movements big. You may find that more than just your handwriting improves with this 10 minute workout. Good luck!

~David and Jackie

Big Rope Pulls

You may sit or stand for this exercise. Reach up high with both hands above your head, and grab an imaginary rope either on the right or left side. Pull it toward the floor on the opposite side of your body. Make the movement big, reach as high as you can, then try to touch the floor. Perform 10 repetitions on each side; then repeat again for a total of 20 reps on each side.

Big Arm Circles

Stand or sit with your arms straight out at your side and shoulder blades pinched, make a giant “T”. Hold the pinch throughout all of the following moves. Perform 5 large arm circles forward then 5 large circles backward with your palms facing down (thumbs forward). Repeat the series of 5 circles forward and backward with palms facing forward (thumbs up) and palms back (thumbs down). Make the circles as big as you can. On completion, this is a total of 30 circles.

Counting Loud Steps

Take ten big steps, use as large of a stride as you can. Make sure your heel strikes the floor first with each step. As you walk, count each step out loud – try to project voice volume. Repeat this series of 10 big steps 5 times for a total of 50 steps.

Clean and Press

Stand with feet at hip width apart. Place a full 16 oz. water bottle (or a 2 lb. weighted ball) on the floor in front of you. Squat down and pick up the bottle with 1 or 2 hands; stand up and move the bottle to an overhead position, as if placing it on a high shelf. Return the bottle to the floor with a squat, but do not drop the bottle. Repeat this movement 10 times. If going to the floor is too difficult, place the bottle on a chair in front of you and perform the move. Remember, this exercise is about big movement, not strength training.

That’s it! With a little practice, all 4 exercises should take about 10 minutes to complete. Don’t forget to log each exercise session on paper with the date and time.

DELAY THE DISEASE - HANDWRITING CHALLENGE

LOG SHEET

PLEASE WRITE DOWN THE TIME EACH DAY THE EXERCISES WERE PERFORMED

NAME _____

DATE STARTED _____

DATE COMPLETED _____

WEEK 1 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 2 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 3 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 4 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 5 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 6 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 7 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 8 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 9 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 10 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 11 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

WEEK 12 MON _____ TUES _____ WEDS _____ THURS _____ FRI _____ SAT _____ SUN _____

Write the following sentence in cursive; do not print. After the sentence, sign your initials. Write the exact same sentence followed by your initials at each designated weekly interval. Your sentence should be written at the same time of day for each interval. Try to write during your “on” time.

I may have Parkinson’s disease, but it does not have me. (your initials)

Week 0	<hr/> <hr/> <hr/>
Week 3	<hr/> <hr/> <hr/>
Week 6	<hr/> <hr/> <hr/>
Week 12	<hr/> <hr/> <hr/>