**Introduction to Parkinson’s Disease April 26, 2023**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When was your Parkinson’s Diagnosis (year)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Single Leg Balance:** Right \_\_\_\_\_\_\_\_\_\_ Left\_\_\_\_\_\_\_\_\_\_

 (circle) Below Average Average Above Average

**Turning 360°:** Right \_\_\_\_\_\_ Number of Steps\_\_\_\_\_\_ Left \_\_\_\_\_\_ Number of Steps\_\_\_\_\_\_

(circle) Below Average Average Above Average

**30 Second Sit to Stand:** \_\_\_\_\_\_\_\_\_\_\_\_ Arms crossed One Hand No Hands

(circle) Fall Risk Average Above Average

**Gait Speed:** 3 meters/\_\_\_\_\_\_ seconds = \_\_\_\_\_\_\_\_m/s

(circle) Below Average Average Above Average



Self Efficacy: https://selfmanagementresource.com/wp-content/uploads/English\_-\_self-efficacy\_for\_managing\_chronic\_disease\_6-item.pdf

Pro-PD score https://educationismedicine.com/pro-pd

Take at home, email us your results please PCInfo@rvnahealth.org