

A little bit about me and Bigger & Better

I am an independent occupational therapist based in Warwick, with over 16 years' experience working with people with Parkinson's. I have always enjoyed working with this client group, but it was my Dad's diagnosis 6 years ago that encouraged me to do something proactive to encourage people to play a more active role in their disease management.

In 2017 I became an LSVT Big certified clinician and completed PD Warrior training. Off the back of my training and experiences I have developed 'Bigger & Better' – a range of exercises classes and therapy programmes specifically for people with Parkinson's in the early to mid-stages of the disease.

What we offer

In all our sessions we encourage high intensity and high frequency, to drive neuroplasticity (changes in the brain). We promote exercise as medicine, and encourage people to take their 'daily dose' alongside their Parkinson's meds. Parkinson's UK and other worldwide Parkinson's organisations are recommending 2.5 hours of intensive exercise a week to help slow down disease progression and fight back against your symptoms, and we aim to help you do this.

We target 'smallness' and 'slowness' of movement, as well as balance, mobility and flexibility. We teach people to think differently about how they move and how to maintain 'bigger and better' movement.

One-to-one therapy sessions

Every session will start with what we call our Core Exercises, and we encourage you complete these as part of your daily exercise medicine. We then work on specific functional tasks that are important to you – these might be things that you are finding difficult because of your PD symptoms, or that are important for you to remain independent with.

We use 'think BIG' strategies, and help you to change the way you move, the way you think about moving and the effort that you use to move. You will be given homework to complete in between our sessions. Therapy sessions are run by myself.

Exercise classes

Our classes help to improve your general strength, fitness and well-being. They all offer something slightly different so we advise that you give them all a try and see which ones best suit you.

1. CrossFit for Parkinson's – Mondays 11-12, Solihull, Combat Sports Centre, Vulcan Road Solihull, B91 2JY
2. PD HIIT (high intensity interval training) - Wednesdays 1.30-2.30, Chase Meadows Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT
3. Non-contact boxing circuits - Fridays 10.30-11.30, Combat Sports Centre, Vulcan Road Solihull, B91 2JY

Our classes are fun, motivating and supportive. There are no judgements. We understand that people can feel different day by day and even hour by hour. We understand that some weeks you will want to work harder than other weeks – the important thing is that you are there!

All classes incorporate a mix of cardio, strength, balance and agility work. They are run by qualified fitness coaches who have received training in relation to exercising with Parkinson's.

A pre-class assessment and pre-booking is essential.

Personal training

Our fitness coaches can work one-to-one with you to help you reach your fitness goals.

Costs

Individual one-to-one therapy sessions

£80 first session (1 hour, including assessment)

£55 follow-up session (45 minutes)

(These prices do not include venue hire. This will be additional if required)

Group exercise classes

Boxing £8 per session (£5 for Parkinson's UK members)

CrossFit £8 per session (£5 for Parkinson's UK members)

PD HIIT £3 per session (subsidised through Parkinson's UK)

Personal training sessions

£35 - £40 an hour, depending on venue and frequency of sessions.

Find out more

If you are on Facebook, 'like' our page to get updates on our classes and to read about the benefits of exercise for people with Parkinson's

<https://www.facebook.com/biggerandbetterforPD/>

You can also visit our website www.ebothery.co.uk, or call on 07715 884255