



Don't Let **PARKINSON'S** Slow You Down

The progression of **Parkinson's disease** can lead to severe difficulties in **movement, balance** and **coordination**.

Physical therapy can be a valuable tool in helping these patients regain their freedom of movement, improve balance, reduce the risk of falls, and greatly enhance the quality and functions of life.

Through a 4-week structured program known as **LSVT BIG training**, patients can retrain their muscles to counteract the effects of Parkinson's. This therapy is helpful during all stages of Parkinson's and is highly effective in improving gross motor skills. This program is customized to the specific needs of the patient and can be both adapted and progressed depending on the patient's overall functional capacity.



WATSON CLINIC LLP
Physical Therapy & Sports Medicine

Appointments Now Available with Physician Referral

www.WatsonClinic.com/PT



Help for patients with **PARKINSON'S**

Watson Clinic physical therapist **Neelam Kansara, PT, DPT** and licensed physical therapy assistants **Kimberly Melaragni, LPTA** and **Nadia Valdez, LPTA, LSVT Big, AIB-VT** are certified in **LSVT BIG** and can assist in crafting a plan that works for each patient's individual needs.



Neelam Kansara, PT, DPT, LSVT Big, AIB-VT

EDUCATION

- University of South Florida, Tampa, FL, BS, Biomedical Sciences
- University of North Florida, Jacksonville, FL, Doctorate of Physical Therapy

CERTIFICATION

- DPT, LSVT BIG, AIB-VT



Kimberly Melaragni, LPTA, LSVT Big, AIB-VT

EDUCATION

- South University, Tampa, FL, AS, Physical Therapy Assistant

CERTIFICATION

- LPTA, LSVT Big, AIB-VT



Nadia Valdez, LPTA, LSVT Big, AIB-VT

EDUCATION

- Keiser University, Lakeland, FL, AS, Physical Therapy Assistant
- Brigham Young University, Rexburg, ID, BS, Biology

CERTIFICATION

- LPTA, LSVT Big, AIB-VT

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