

## Physiotherapist Questions

1. How does Parkinson's disease affect a patient's mobility and overall physical health?
2. How do motor symptoms (e.g., tremors, rigidity, freezing) impact daily activities like dressing, cooking, or using a phone?
3. What non-motor symptoms (e.g., fatigue, depression, cognitive issues) affect a patient's quality of life the most?
4. How do you currently track patient progress outside of therapy sessions?
5. What common exercises do you recommend for mobility, strength, and balance?
6. What are some common obstacles that Parkinson's patients face when trying to follow a physiotherapy routine?
7. What are the biggest reasons why patients lose motivation or stop following therapy plans?
8. Do patients typically use assistive devices or apps for exercise reminders, movement tracking, or symptom management?
9. What motivates Parkinson's patients to stay active and engaged in therapy?
10. What advice do you give to caregivers and family members to help support a Parkinson's patient?
11. What advice would you give to someone newly diagnosed with Parkinson's regarding physiotherapy?