

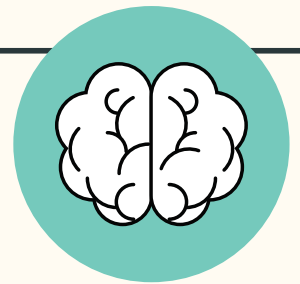
PAIN AND PARKINSON'S DISEASE



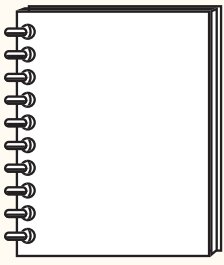
Pain is a very common symptom in Parkinson's disease (PD) and can be very troubling. Pain might affect the side of the body where you first experienced motor symptoms. It might have even been one of the first symptoms you noticed before a diagnosis. There are different types of pain and several ways to manage it, including medication and exercise. The types of pain include pain from aching muscles, "dystonia", sharp pain from a nerve, numbness from a nerve, pulsing/aching pain from tightness or "dyskinesia", and headaches.

TYPES OF PAIN

- **Muscle pain:** most common type of pain related to rigidity and reduced joint movement, you might ache in the neck, back or shoulder
- **Dystonia:** this is caused by involuntary muscle contractions in the toes, fingers, ankles or wrists, causing spasm or cramp – you might notice your toes curl up in a strange way
- **Shooting pain:** sharp, shooting pain down the arm or leg, you might have a trapped nerve
- **Central pain:** a constant burning or bloated feeling made worse by movement, touch, emotions
- **Dyskinetic pain:** deep, aching sensation that happens because of involuntary movements ("dyskinesia")



ASSESSING PAIN



If you are experiencing pain, speak to your neurologist or physiotherapist. They can advise you on treatment. It may be helpful to write down details about your pain, for example: where the pain is, how it feels, how long pain lasts, what time of the day it happens, if it is worse at certain times of the day, does it happen after/before medication.

TREATING PAIN

Functional exercise: practice standing up/sitting down to help with pain in your legs OR if your shoulders are aching, loosen them with rolling actions, use weights to improve your range of movement

Optimise PD medication: Sinemet can help reduce pain, if you have "off" periods of medication, you might experience more pain

Massage: gently massage areas of pain

Medication: your doctor can prescribe painkillers, such as Panadol, Ibuprofen or Codeine



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com



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