



## Cerebral Palsy Care

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## Parkinson Disease

Conductive Education is a rehabilitation system, which originated in Hungary in the early 1950s, sometimes known as the Pető System after its founder, András Pető. The system aims to teach adults and children with motor disorders to overcome problems associated with neurological damage and it is based on active learning rather than passive treatment. Its practitioners are called 'conductors'.

The Conductor at Cerebral Palsy Care, where Conductive Education has been used since 1991, will work with you to assess your needs associated with daily activities and, together with you see how we can effectively meet these.

Conductive Education, like all forms of rehabilitation, does not propose to cure Parkinson's, but people with Parkinson's Disease who have participated in these programmes speak of how it has given them a renewed confidence in their abilities.

Conductive Education cannot replace drugs but works alongside them, encouraging participants to work not only when their drugs are working but also during 'off' periods.

It offers you an opportunity to maximise your use of movements provide techniques for overcoming problems in everyday living and helps to find a positive outlook and increases self-confidence.

## The Programme

The programme focuses on all aspects of learning, including cognitive, emotional, social and motor elements. It is regarded as essential that all basic movements required for daily living are included.

Participants are guided through task series by the conductor and helped to perform them in their own chosen way. Similar movements are learned in differing positions and combinations. The programme is a structured approach to meeting individual needs within a group.

The programme consists of various task series. These are performed in lying, sitting and standing position.

The lying programme includes elements such as rolling to each side and sitting up. Participants learn how to maintain a fixed position to help them control tremor and dyskinesia.

Sitting tasks are usually performed at the table. These help increase the range of movements of upper limbs, teach how to fix limbs when sitting, assist in correcting posture and facilitate specific movements.

Tasks in preparation for writing are also performed at the table, and use fine movements of fingers. Symmetry of movements, fixing of limbs and posture are also reinforced. These are followed by specific tasks to help overcome problems of micrographia and assist with other fine movements such as buttoning, opening jars etc.

Facial tasks aim to increase the range of movements and improve expression. Movements may be accompanied with gestures to reinforce communication skills.

Breathing tasks are also included, to help with volume, intonation and clarity of speech.

Postural tasks are performed mainly in a sitting position. The aim is to improve posture and help prevent festination. A correct symmetrical posture can assist with transferring position and standing as well as giving confidence to carry out everyday activities.

Preparation for walking tasks is performed in both sitting and standing positions. These aim to teach appropriate positioning for stepping and co-ordination of upper and lower limbs as well as fixing movements in a sitting and standing positions.

Walking tasks provide an opportunity for the participants to use all of the techniques learnt during the programme while moving around. Tasks to teach transference of weight and co-ordination of hand movements and arm swing while walking are routinely carried out during the session. Additional activities such as carrying objects, negotiating obstacles, moving around people are all carried out using a rhythm which helps prevent freezing and hesitation.

It is envisaged that by addressing your own specific goals you will regain confidence in your own abilities, maintain your condition, and improve your mobility and quality of life.

Conductive Education will allow you to problem solve in everyday situations thus increasing self-esteem.