

# Parkinson's Disease

## SIGNS AND SYMPTOMS

Four major symptoms of Parkinson's disease



TREMORS



STIFFNESS



POSTURAL  
INSTABILITY



SLOWED  
MOVEMENT

There's more to Parkinson's disease than what you see on the surface

### WHAT YOU CAN SEE

Tremors

### WHAT YOU HAVE TO LOOK CLOSELY TO NOTICE

Change in balance

Weakness in voice

Postural instability: posture may become stooped and shoulders may become rounded

Bradykinesia: slowed movement

Mask-like expression

Micrographia: small, cramped handwriting

Difficulty with fine motor movement: picking up change, buttoning a shirt

Gait changes: shuffling or taking smaller steps

### WHAT YOU CAN'T SEE

Stiffness and muscle rigidity

Constipation due to the slowing of involuntary muscular movement

Change in sleep patterns

Pain due to muscle rigidity

Loss of smell

Depression

Anxiety

Bladder problems

Memory loss

Changes in vision: blurred or double vision, trouble reading, decreased sensitivity to color and brightness, hallucinations

Dizziness

Sources:

- <https://www.parkinson.org/understanding-parkinsons/non-motor-symptoms>
- <https://parkinsonsnewstoday.com/2017/04/13/eleven-facts-about-parkinsons-disease/>
- <https://www.parkinson.org/Understanding-Parkinsons/Treatment/Exercise/Neuroprotective-Benefits-of-Exercise>