



# Power Over Parkinson's

Power Over Parkinson's Disease Foundation  
7201 Glen Forest Dr., Suite 205  
Richmond, VA 23226  
(804) 708-2246

[contact@poweroverpd.org](mailto:contact@poweroverpd.org)

[Power Over Parkinson's Disease Foundation Direct Link](#)

## Rehabilitation Resources

Individuals who are diagnosed with Parkinson's disease may experience some of the following symptoms post diagnosis that may affect the individuals motor coordination (tremors, muscle rigidity, bradykinesia, etc.), cognition, psychiatric, and autonomic response system (Dirette, 2015). Individuals with Parkinson's can benefit from rehabilitation services to assist with these symptoms that are new, progressing, or worsening.

### So Why Rehabilitation Services?

Individuals who are diagnosed with Parkinson's disease are at increased risk for decreased quality of life due to possible decrease in independence in their meaningful activities. Rehabilitation services such as Occupational Therapy and Physical Therapy can assist an individual by providing supports to into their daily lives and working to maintain physical function.

### What is the Difference Between Occupational Therapy and Physical Therapy?

Occupational therapy and physical therapy are both skilled health care professions who utilize research and scientific evidence to ensure they are providing the best overall care to their patients. Occupational therapists look at the individual as a whole, what is meaningful to the individual (habits, roles, routines), and how their environment may be affecting them from participating in their daily lives. Some occupations an occupational therapist may help an individual with can be but not limited to fine motor skills, dressing, meal preparation, medication management, driving, work, recommendations for supports in the individual's environment home or office, recommendation for adaptive equipment, and education for caregivers (American Occupational Therapy Association, 2022).

Likewise, physical therapy provides exercise plans to improve an individuals' ability to move, reduce or manage pain, restore function, or prevent disability (American Physical Therapy Association, 2022). Physical therapists can also provide individuals with gait training to help individuals walk more efficiently, and possibly reduce the risk of falls (Sears, 2022). Through this physical therapist's assist individuals with leading active lifestyles to restore or maintain independence (American Physical Therapy Association, 2022).

Please consult with your doctor for what might be the best fit for you. Below is a list of both occupational and physical therapy clinics in the Richmond area who specialize in treating individual with Parkinson's disease.

*The purpose of this handout is to serve as an accessible and general resource for individuals in the Richmond area with Parkinson's disease. Power Over Parkinson's is in no way affiliated with, sponsored, or endorsed by these vendors. Additionally, Power Over Parkinson's does not endorse any of these companies and this document is for general use only.*



# Power Over Parkinson's

## Rehabilitation Resources

### **RVA Physical Therapy**

**[Click Here for RVA Physical Therapy Direct Link](#)**

- Phone: 804-396-6753
- Email: [info@rvaphysicaltherapy.com](mailto:info@rvaphysicaltherapy.com)
- Location:
  - 2620 A Gaskins Rd, Henrico, VA 23238
  - 107 Heath Way Road, Henrico, VA 23238
- Offers physical therapy

### **Bon Air Sheltering Arms**

**[Click Here for Bon Air Direct Link](#)**

- Phone: 804-764-5275
- Email: [PT\\_BonAir@shelteringarms.com](mailto:PT_BonAir@shelteringarms.com)
- Location:
  - 206 Twinridge Lane Richmond, VA 23235
- Offers additional transportation resources on website
- Offers both occupational and physical therapy
- Specialize in Parkinson's disease (LSVT BIG, PWR!Moves, SPEAK OUT, LOUD CROWD, and Allied Team Training for Parkinson's)

### **Midtown and Club Rec**

**[Click Here for Midtown and Club Rec Direct Link](#)**

- Phone: Club Rec Direct Number 804-764-5275
  - General Inquiries Number: 804-764-1000
- Location:
  - 2805 West Broad Street Richmond, VA 23230
- Offers additional transportation resources online
- Offers occupational and physical Therapy
- Specialize in Parkinson's disease (LSVT BIG, PWR!Moves, SPEAK OUT, LOUD CROWD, and Allied Team Training for Parkinson's)

### **Chester Sheltering Arms**

**[Click Here for Chester Direct Link](#)**

- Phone: 804-764-1000
- Email: [PT\\_Chester@shelteringarms.com](mailto:PT_Chester@shelteringarms.com)
- Location:
  - 12220 Iron Bridge Road Suite C Chester, VA 23831
- Offers additional transportation resources on website
- Offers physical therapy



# Power Over Parkinson's

## Rehabilitation Resources.

### Hull Street Sheltering Arms

[Click Here for Hull Street Direct Link](#)

- Phone: 804-764-1000
- Email: [PT\\_Hull@shelteringarms.com](mailto:PT_Hull@shelteringarms.com)
- Location:
  - 13530 Hull Street Road Midlothian, VA 23112
- Offers additional transportation resources online
- Offers physical Therapy

### Laburnum Sheltering Arm

[Click Here for Laburnum Link](#)

- Phone: 804-764-1000
- Email: [PT\\_Laburnum@shelteringarms.com](mailto:PT_Laburnum@shelteringarms.com)
- Location:
  - 4730 S. Laburnum Avenue Richmond, VA 23231
- Offers additional transportation resources online
- Offers physical Therapy

### Pivot Physical Therapy

[Click Here for Patterson Ave Location Direct Link](#)

[Click Here for Marshall St. Location Direct Link](#)

- Phone: 804-288-1389
- Location:
  - 5801 Patterson Ave, Richmond, VA 23226
- Phone: 804-342-5857
- Location:
  - 3100 W Marshall St, Richmond, VA 23230
- Offers both occupational and physical therapy
- Specialized in Parkinson's



# Power Over Parkinson's

## Rehabilitation Resources

### Virginia Commonwealth University: Parkinson's and Movement Disorders Center

[Click Here for Both Clinic Details](#)

[Click Here for Parkinson's and Movement Disorders Center Main Page](#)

- **Phone:** 804-628-2022 (Main Number)
  - 804-360-4669 (Broad Street Location Clinical location)
  - 804-360-4669 (E. Leigh St. Clinical Location)
- **Email:** [pdcenter@vcuhealth.org](mailto:pdcenter@vcuhealth.org)
- **Location:**
  - Clinical Address: 11958 W. Broad Street Henrico, VA 23233
  - Clinical Address: 1001 E. Leigh St. Richmond, VA 23219
- Offers both occupational and physical therapy

### Fox Rehabilitation

[Click Here for Fox Rehabilitation Patient Information Direct Link](#)

- **Phone:** 877-407-3422
- **Location**\*\*\* *this is company provides at home services*\*\*\*
- Offers both occupational and physical therapy
- Home health services \*\*

### PACE

[Click Here for PACE Richmond Location](#)

- **Phone:** 804-492-7687
- **Location:**
  - 750 East 6<sup>th</sup> St. Richmond, VA 23224
- All- inclusive care for senior citizens with the goal of helping them age in place home
- Offers physical therapy as well as other medical care
- Offers transportation services

#### Resources:

- American Occupational Therapy Association. (2022). *What is occupational therapy?* North Bethesda, MD. *About Occupational Therapy*. American Occupational Therapy Association 2. (2022). Retrieved May 24, 2022, from <https://www.aota.org/about-for-the-media/about-occupational-therapy>
- Becoming a physical therapist*. American Physical Therapy Association. (2022). Retrieved May 24, 2022, from <https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>
- Sears, B. (2022, March 14). *Problems with gait or walking? your PT can help*. Verywell Health. Retrieved May 24, 2022, from <https://www.verywellhealth.com/gait-training-in-physical-therapy-5069884>
- Dirette, D.P. (2017). Progressive neurodegenerative disorders. In B.J. Atchinson & D.P. Dirette (Eds.), *Conditions in occupational therapy, fifth edition* (pp.403-422). Philadelphia, PA: Wolters Kluwer