



# Best Stem Cells Therapy For Parkinson's Disease



Preventing falls in  
**Parkinsonian  
Disorders**

## Don't let Parkinson's steal your balance: Your guide to fall prevention

Living with a Parkinsonian disorder brings its challenges, and keeping your balance can be one of the toughest. Falls can be scary and have serious consequences, but there's good news! You can significantly reduce your risk and stay independent by focusing on some key areas.

### Why do falls happen in [Parkinsonian disorders](#)?

It's not just about your legs! While leg weakness can play a role, controlling your upper body is crucial for balance. Imagine carrying a big, wobbly weight above your feet – that's what it's like with Parkinson's! Muscle weakness and stiffness make it harder to keep this "upper body weight" in check, especially when moving.

Here's what you can do:

- **Master your upper body:** Don't just focus on leg exercises. Activities like yoga, tai chi, or specific physical therapy can help you control your upper body movements and improve balance.

- **Strength train wisely:** Build strength in all your major muscle groups, but pay extra attention to your core, hips, and those that flex and extend your joints. Consider progressive resistance training 2-3 times a week for [Parkinson's disease treatment in India](#).
- **Beware the "freezing":** This temporary inability to move is a common challenge with Parkinson's. Talk to your doctor about strategies to manage it, like specific exercises or medication adjustments.
- **Know your fall risks:** Be aware of situations that might trigger a fall, like turning, bending, or getting up. Ask for help when needed and remove clutter from your environment.

There are several options, including physiotherapy, exercise, and enrolling in clinical trials, including [stem cell therapy](#). If you have a Parkinsonian disorder above the age of 60, you may be able to join a clinical trial. If you wonder if there are cases where Parkinson's stem cell treatment has shown improvements, then let's discuss how Margrethe Stege (82) continued her fight against Parkinson's. [Read More](#)