



NATIONAL PARKINSON FOUNDATION  
*Improving care, Improving lives*

**Orange County Chapter**

The Parkinson Outreach Center, Newport Beach, Ca 92659 \* 949-764-6998

**PHYSICIAN RELEASE**

**SPARK**

**(Shake Parkinson's)**

**An exercise program based on the principles of John Argue**

**This program is taught by a Physical, Occupational or Exercise Therapist. The class will meet one time a week. The goals of the program are to increase flexibility, strength, balance and coordination, improve communication, and voice power and speech clarity in order to delay the progression of symptoms.**

**Name: \_\_\_\_\_ (please print)**

**Is permitted to participate in SPARK, (Shake Parkinson's) exercise class.**

**No Limitations \_\_\_\_\_**

**Limitations (please specify):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
**Physician's Signature**

\_\_\_\_\_  
**Date**