

Greg's improvement since completing the PD Warrior course

I was diagnosed with Parkinson's in 2017. A friend recommended me to Hobbs Rehabilitation who were running a PD Warrior course comprising a ten-week course of daily physical exercises. I completed the course and felt an improvement in my physical condition. I have continued the exercises at home. Regrettably not on a daily basis, as other things get in the way.

My family and golfing friends have noticed an improvement in my physical condition since doing the PD Warrior course and attending the weekly exercise class run by Hobbs Rehabilitation in South Wonston.

I would like to say a big thank you to all the staff at Hobbs for their help and encouragement! I have six monthly, follow up meetings with Hobbs Rehabilitation and the review tests have shown no deterioration in my condition.



I see a Neurologist every 12 months and the Parkinson's nurse every 6 months. They are pleased with my progress and I am still on minimal medication.

No one knows what the future holds but I am convinced the PD Warrior exercises have had a positive effect in slowing the progression of the disease.