VITREA
REHAKLINIK
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Sample treatment plan for patients with Parkinson's disease

This treatment plan serves as an example of what Parkinson's rehabilitation might look like. At the beginning of the stay, an individualized treatment plan is developed that is tailored to the patient's current state of health and the rehabilitation goals defined jointly with the patient. Throughout the course of rehabilitation, the plan is reviewed regularly and adjusted as needed.

Monday	
From 7:15 a.m.	Breakfast
9:00 – 09:30 a.m.	Physical Modalities Therapy
10:00 – 10:30 a.m.	Occupational Therapy
11:00 – 11:15 a.m.	Doctor's Visit
From 12.00 p.m.	Lunch
2:00 – 2:30 p.m.	Physical Therapy
3:00 –3:30 p.m.	Speech Therapy
4:00 – 4:30 p.m.	Gait Training
From 5:30 Uhr	Dinner

Tuesday	
7:15 a.m.	Breakfast
9:00 – 09:30 a.m.	Physical Therapy
10:00 – 10:45 a.m.	Hydrotherapy
11:30 – 12:00 p.m.	Occupational Therapy
From 12.00 p.m.	Lunch
1:30 –2:00 p.m.	Robotics- and Computer-Assisted Therapy
2:30 – 3:15 p.m.	Neuropsychology
4:00 – 4:30 p.m.	Strength Training
From 5:30 Uhr	Dinner

Wednesday	
7:15 a.m.	Breakfast
9:00–9:30 a.m.	Balance Training
10:00–10:30 a.m.	Occupational Therapy
11:00–11:30 a.m.	Speech Therapy
From 12:00 p.m.	Lunch
2:00–2:30 p.m.	Robotics- and Computer-Assisted Therapy
From 5:30 p.m.	Physical Therapy
7:15 a.m.	Dinner

Thursday	
7:15 a.m.	Breakfast
9:00–9:15 a.m.	Doctor's Visit
10:00–10:30 a.m.	Gait Training
11:00–11:30 a.m.	Physical therapy
From 12:00 p.m.	Lunch
2:00–2:30 p.m.	Balance training
3:00–3:45 p.m.	Nutrition therapy
From 5:30 p.m.	Dinner

Friday	
7:15 a.m.	Breakfast
9:00–9:45 a.m.	Neuropsychology
10:30–11:00 a.m.	Speech Therapy
11:30 a.m.–12:00 p.m.	Physical Therapy
From 12:00 p.m.	Lunch
2:00–2:30 p.m.	Strength Training
3:30–4:00 p.m.	Physical Modalities Therapy
From 5:30 p.m.	Dinner

Saturday	
7:15 a.m.	Breakfast
10:00–10:30 a.m.	Physical Therapy
From 12:00 p.m.	Lunch
1:00–1:30 p.m.	Occupational Therapy
From 12:00 p.m.	Dinner