

# *Physical Therapy and PSP / CBP Every step of the way*

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# Outline

- What is physical therapy?
- How can physical therapy help with Progressive Supranuclear Palsy/Corticobasal Degeneration?
- Specific strategies to stay safe and stay active
- The “dental model”

# What is physical therapy?

- Physical Therapists are licensed health care professionals that specialize in **movement**
- PT may become a board-certified specialist in specific practice area (neurologic, orthopedic, pediatric etc..)



# Physical Therapy , Occupational Therapy, Speech Therapy: What's the difference?

- PTs help you get from point A to point B
- OTs help you to do things when you are there
- SLPs help you express yourself and swallow safely



# Why Rehab?



Prevent



Compensate



Short term improve?  
Long term preserve?

# What happens with rehab?

Individualized  
assessment

Standardized  
tests

Assess fall  
risk

Prescribe  
individualized  
exercise

Trial  
assistive  
devices

Teach **habits**  
for everyday  
movement

# How can physical therapy help with PSP/CBD?



- **Specificity** : practice what you need to do
- **Difficulty**: Struggle, Satisfaction, Safety

# How can physical therapy help with PSP/CBD?

Common traits: Postural Instability and Falls

## **PT focus:**

Gait training with appropriate support and conditions (assistive devices or body weight support) to reduce risk

(Clerici et al PLoS One 2017; Mateus et al Frontiers in Aging Neuroscience 2023)



# How can physical therapy help with PSP/CBD?

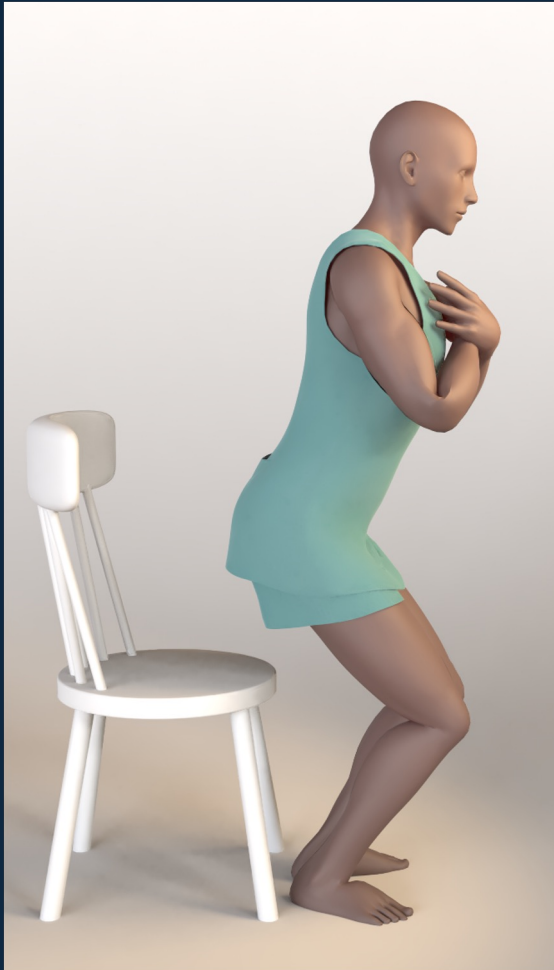


- PSP/CBD traits
  - Slowness  
→ External Focus
  - Stiffness  
→ Stretching as sustenance



Images brought to you by DALL-E

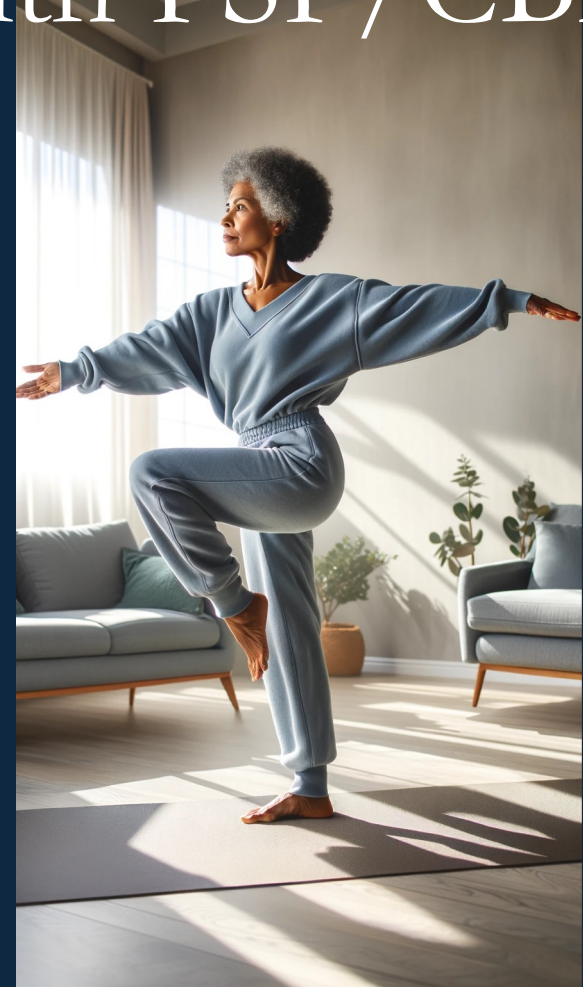
# How can physical therapy help with PSP/CBD?



Extremely functional!

- Focus on **Function**
  - Not frustration
- Float, don't force

Too difficult!



# Why PT

## Prevention and Maintenance

- Help overcome barriers to physical activity
- Help find the best exercise that works for you
- Check ups every few months to years depending on progression

Raffety JNPT 2022

# What Can I work On?

- Cardiovascular exercise / endurance
- Resistance training
- Task Specific
- Balance

# Example: Slow, easy stroll for someone who can walk fast without a device

Cardiovascular exercise / endurance

Resistance training

Task Specific Training

Balance training

Bonus:

nature, **social support**



# Example: Slow stroll for someone who just got out of the hospital and can walk across their house

Cardiovascular exercise / endurance

Resistance training

Task Specific Training

Balance training



May need more caregiver support and equipment at home

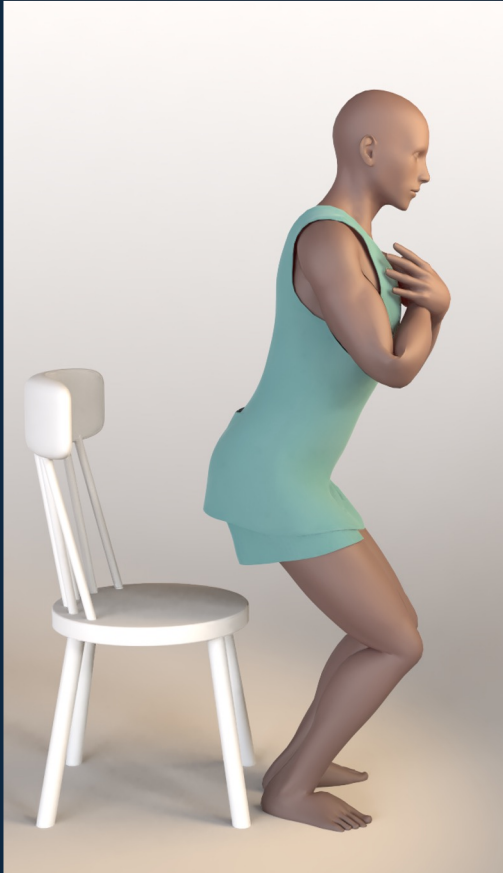
# Example: Weight training on seated exercise machines

- Cardiovascular exercise / endurance
- Resistance training
- Task Specific Training
- Balance training



Image by [Welcome to All!](#) ♪ from [Pixabay](#)

# Example: Functional practice with sit to stands, lunges, getting up from floor



- Cardiovascular exercise / endurance (maybe)
- Balance training
- Resistance training
- Task Specific Training



# Example: Tai Chi

- ❑ Cardiovascular exercise / endurance
  - ❑ Resistance training
  - Task Specific Training
  - Balance training
- PLUS
- Coordination, learning, social connection, floating not forcing



# Example: Boxing

Cardiovascular exercise /  
endurance

☐ Resistance training

Task Specific Training

Balance training

PLUS

Speed, coordination, learning,  
social connection, external focus



# Example: Dancing



Cardiovascular exercise /  
endurance

☐ Resistance training

Task Specific Training

Balance training

PLUS

Speed, coordination,  
learning, social connection,  
**music and rhythm**

# Start where you are

## Getting started

- Move more, sit less
  - Before getting out of bed, move and stretch
  - Stand up and sit down 10x between Netflix episodes
  - Take a lap or 2 around your home after getting up to use the bathroom
  - Stand tall and clench your legs 1 x every second while using the microwave
  - Play tug of war with the dog while sitting
  - Play a bean bag toss (grandkids not required)

# Start where you are

More advanced

- Group classes
  - YouTube “sit and be fit”
  - [www.borp.org](http://www.borp.org) for online classes
  - Local senior centers for group classes
  - Always Active ([www.alwaysactive.org](http://www.alwaysactive.org))
- Track your activity and intensity
  - Step trackers
  - Heart rate monitors
  - “health” app on the iPhone

# The “dental model”



# Make a plan

- ☐ Work on an exercise program with your that works for you
- ☐ Get outside help to continue with the program after PT
- ☐ Talk to your PT about coming back in for a checkup in 6 months
  - Are the exercises too easy or too hard?
  - Are you having near falls or falling more often?
  - is it time to try a walker?
  - [www.choosept.com](http://www.choosept.com) Search for “neurologic clinical specialist”

# Thank you!

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