



Parkinson's EmPower Talks

Discussion Questions

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The Hidden Muscles: Pelvic Floor Health in PD

1. What part of today's podcast discussion stood out to you the most?
2. Was there anything you learned today that you had never heard connected to Parkinson's before?
3. Why do you think topics like bladder, bowel, and pelvic health are often difficult for people to discuss openly?
4. What practical tip or strategy from the episode sounded most helpful or realistic to try?
5. Did this episode change the way you think about pelvic floor therapy or rehabilitation?
6. What is one takeaway from this episode that you think more people living with Parkinson's should hear?

We appreciate your feedback on this episode and welcome suggestions for future podcasts!

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