

The Movement Disorders Clinic

The Patients We Serve and the Challenges They Face

Patients who are diagnosed with Parkinson's disease and related syndromes face many challenges as they adjust, adapt, and learn to function in new ways. One of the most common challenges these individuals face is difficulty with movement. As the symptoms associated with neurological diseases progress, some experience difficulty with walking, falls, or carrying out tasks of daily living such as dressing or bathing themselves. Others develop tremors or become unable to control movement. Speech, communication, and swallowing abilities can also become impacted. We are here to address these issues and help each patient on his or her journey, step-by-step, with a goal to maximize their independence and optimize their quality of life.

An Interdisciplinary Approach to Care

The Movement Disorders Clinic at UM St. Joseph is designed to provide guidance and support for patients who are living with Parkinson's disease and other movement disorders (atypical parkinsonism, dystonia, ataxia, tics, chorea, etc.) as well as cognitive impairment / dementia. A team comprised of a neurologist and physical, occupational, and speech therapists collaborate to develop and deploy an interdisciplinary plan of care for each individual patient. Our approach is holistic in nature; accounting for functional capabilities and limitations, and perhaps most importantly, the patient's short and long-term goals.



Therapeutic Approaches

Each patient we care for has unique needs and goals. While treatment plans are tailored to each individual, there are a few research-based approaches that tend to help the vast majority of the patients we care for, as they work to improve moving capabilities:

- LSVT BIG encourages patients to increase the size and pace of their movements; think bigger steps, quicker steps and transitions, and more use of the body during movement.
- LSVT LOUD promotes the use of vocal cords in a more dominating manner; it encourages patients to speak more clearly, louder, and with confidence, to improve communication.

Additionally, our rehabilitation team has undergone allied team training through the Parkinson's Foundation.

Getting Started

The Movement Disorders Clinic is currently accepting new patients. To schedule an initial consultation, or to refer a patient for treatment, please call **410-427-5505**.

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Lynn Chouhfeh, MD, serves as medical director of the Movement Disorders Clinic at UM St. Joseph. She is board-certified in neurology and fellowship-trained in movement disorders.

A graduate of the University of Aleppo, Dr. Chouhfeh went on to complete a neurology residency at the University of Buffalo, followed by a movement disorders fellowship at the University of Maryland. During her time in training, she earned numerous awards and accolades for her clinical expertise as well as her contributions to research.

Earlier in her career, Dr. Chouhfeh worked as a neurologist at the VA Medical Center in Wichita, Kansas. In tandem, she held a professional appointment as a clinical assistant professor in the Department of Internal Medicine at the University of Kansas School of Medicine.

Prior to joining UM St. Joseph, Dr. Chouhfeh worked at the International NeuroRehabilitation Institute, and led the movement disorders clinic within The Center for Successful Aging at MedStar Good Samaritan Hospital in Baltimore. She is a member of the American Academy of Neurology and the International Parkinson and Movement Disorder Society.

Dr. Chouhfeh is passionate about caring for the elderly; a population that is more prone to neurological degenerative diseases and associated movement disorders. She has the opportunity to do exactly that, every day as she leads UM St. Joseph's Movement Disorders Clinic.

"I pursued this field of medicine because it is both challenging and rewarding," said Dr. Chouhfeh, named a 2019 Top Doc by Baltimore magazine. "Patients who suffer from Parkinson's disease and other movement disorders are in great need of these therapeutic services. There is a lot we can offer that positively impacts their quality of life."

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