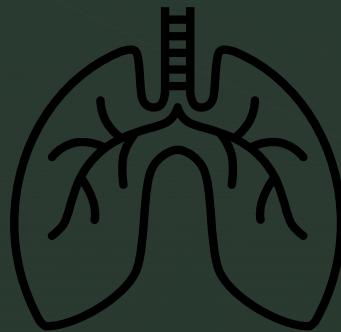
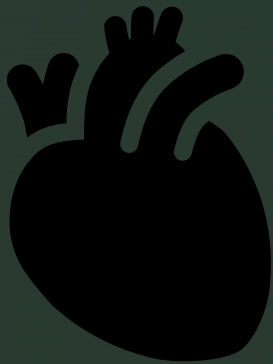


Presented by: Rio Bentley, PT, DPT

▶ Exercise with Parkinson's Disease

General Exercise

- Definition:
 - activity requiring physical effort, carried out to sustain or improve health and fitness.
- The benefits:
 - The heart
 - The muscles
 - The lungs



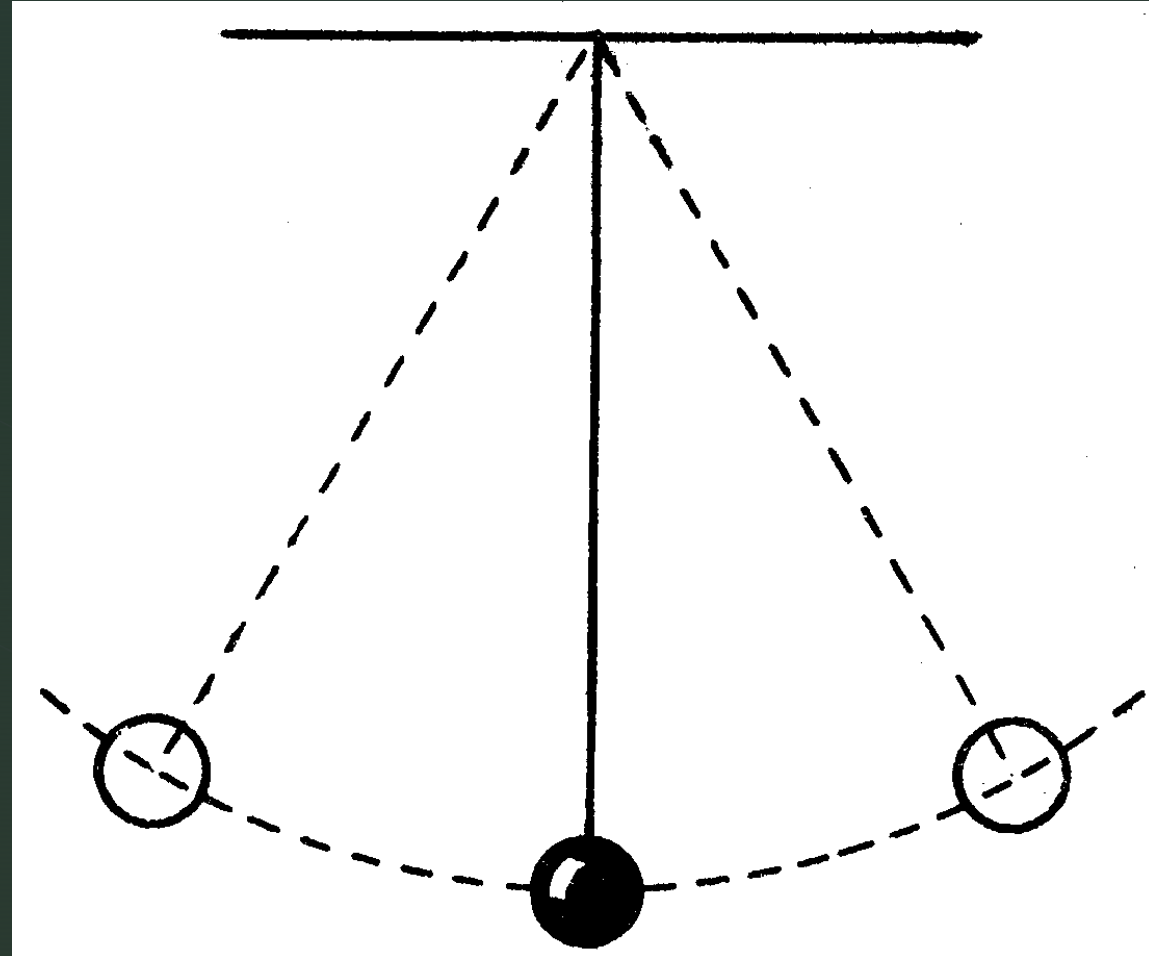


But what
about our
brain?



Bradykinesia

Slowness of movement



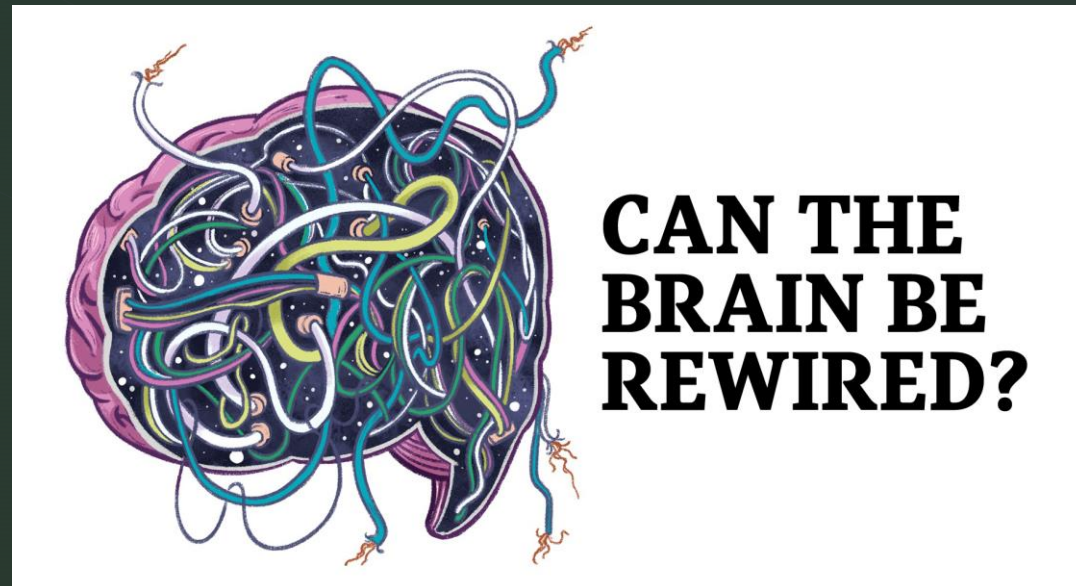
The Brain: Exercise with PD

- Neuroplasticity and changing Neuro-anatomy
 - Brain cells that produce dopamine gets damaged in PD
 - By the time of diagnosis 40-60% are lost
 - Experience-dependent neuroplasticity
 - Our brain adjusts based on need



Exercise with PD: The science

- What happens when we exercise:
 - Allows us to use dopamine more efficiently
 - Neuro-protective
 - Neuroplasticity





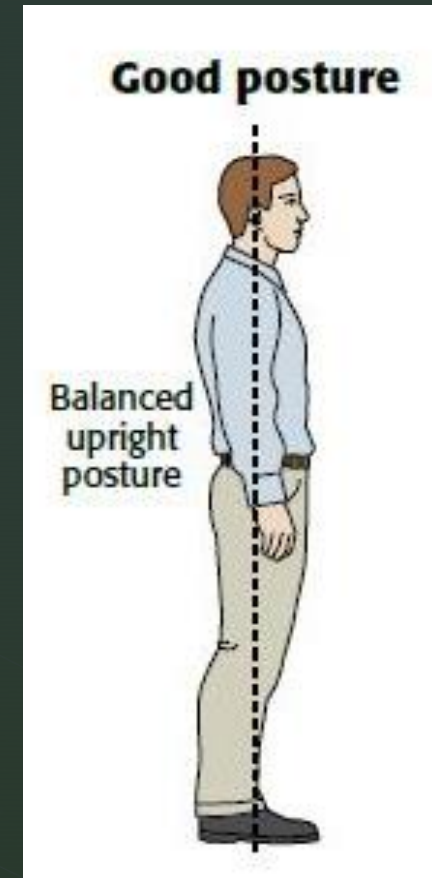
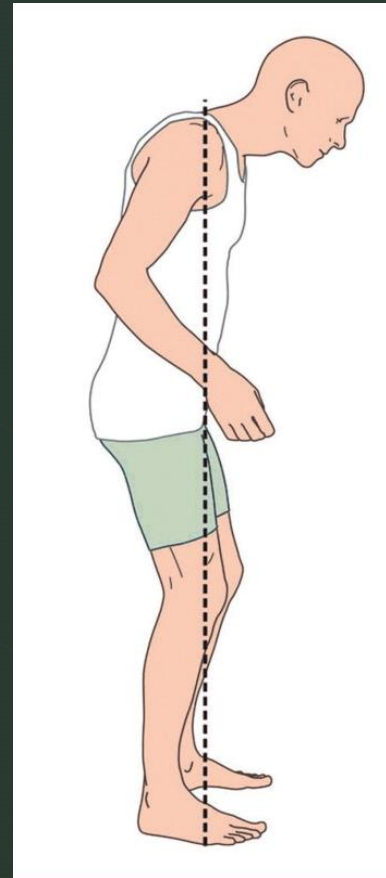
- The *Parkinson's Outcomes Project* shows that people with PD who start exercising earlier and a minimum of 2.5 hours a week, experience a **slowed decline in quality of life compared to those who start later.** Establishing early exercise habits is essential to overall disease management

Common types of Exercise for PD

- PWR! Moves
- LSVT BIG program
- Rock steady-Power Boxing
- Tai Chi
- Dance/tango
- Nordic walking/poles
- Yoga for Parkinson's
- Cycling
- The Parkinson's foundation>>>>living with Parkinson's>>>>in your area

Common themes of these exercise classes

- Posture
- Strength
- Coordination
- Intensity
 - The more you do—the more you benefit
- Balance
- Flexibility
- Endurance





Why does it matter?

- Neuroplasticity:
- Intensity, specificity, difficulty, and complexity
- Higher intensity group:
 - Walked faster, ran faster, took longer strides, had better posture, and had bigger arm swings
 - Balance and gait improved

What does that mean for YOU

- Individual motivation
- A little is better than nothing, but a lot is better
- NOW is better than later
- Consistency

"The best exercise for you to do, is the one you enjoy doing."



When to involve Physical Therapy

- Falls
- Assistance in identifying your areas of impairment
- Staying safe with exercise
- Posture
- Pain
- Other health problems that prevent movement
- Goal of PT is to allow you to continue with exercise!

Research is continuing to reveal how and why this happens.

▶ Intensive exercise helps people with PD walk and move better.



Questions?

More information?: The Parkinsons foundation

Upcoming presentations

