Exercise Paragraphs

**Exercise Suitable for Parkinson’s Disease Patients**

Exercises should be varied and incorporate changing directions through unplanned movement, cardiovascular exercise, balance, strength training and rhythmical exercises.

*Unplanned and Random Movement*

These exercises require the person to change tempo and direction regularly.

These will challenge a person mentally and physically.

They require concentration to perform.

* Walking, hiking or jogging
* Racket sports like badminton, table tennis, squash
* Yoga or Tai Chi
* Outdoor cycling
* Dancing
* Aerobic classes
* Marching with swinging arms
* Swimming in different strokes

*Planned and Repeated Movement*

These exercises are generally repeated movements that require balance.

They can be performed while doing something that challenges a person mentally.

Mental tasks could include watching a quiz show or the news, throwing and catching balls, singing or problem-solving.

* Cycling on a static bike
* Weightlifting using weights
* Swimming laps in the same stroke
* Slow walking on a treadmill

Retrieved from: <https://parkinsonsnewstoday.com/2017/07/31/types-exercise-suitable-parkinsons-disease-2/>

**Cycling**

* There have been a number of studies of cycling for people with Parkinson’s.
* Researchers have discovered that some people who experience freezing episodes, may not experience the same difficulties when on a bike.
* They suggest a stable and comfortable sitting posture, which some stationary bikes offer.
* Research suggests that short term improvements in tremor and slowness of movement, walking and the ability to plan and organize.
* There were greater improvements seen in movements for those who used a dynamic bike as opposed to a static bike.

**Tai Chi and Yoga**

* These exercises are called ‘mind-body’ exercises.
* If done correctly they improve the strength, balance, flexibility and stability of your body while using the movement or postures to generate mindfulness.
* The duality of the ‘mind-body’ approach enhances both physical and mental health.
* There is evidence that people with Parkinson’s who practiced tai chi for 6 months improved their balance and were less likely to fall.
* Other benefits may include improvements in movement and other motor symptoms of Parkinson’s.
* Similar benefits are also reported for yoga, with additional improvements reported for depression and quality of life.
* With seated as well as standing yoga poses of different difficulties, there is something for everyone.

**Boxing**

* A type of non-contact fitness training designed to help build strength.
* The goal is for symptoms could be lessened and allow people to lead a healthier and happier life.
* A small scale observational study showed 12 weeks of training could produce measureable improvements.
* These improvements include gait, balance and quality of life.

**LSVT BIG**

* Training is administered over the course of a month by a qualified physiotherapist or occupational therapist.
* It involves repetitive intensive high-amplitude (big) movements.
* It aims to restore normal movement amplitude.
* There is evidence that improvements could be seen in daily activities and motor symptoms.

Retrieved from: <https://medium.com/parkinsons-uk/the-science-of-parkinsons-exercise-part-2-2d680afa1a01>

**Exercising with Parkinson’s Disease: Should It Be High-Intensity?**

Recent studies have suggested that short bursts of vigorous exercise may work even better than longer sessions of moderate activity.

High Intensity Interval Training (HIIT) is more efficient than traditional moderate exercise

 Research suggests that HIIT is more effective at improving a range of disease symptoms from heart disease, stroke, diabetes and Parkinson’s disease.

A HIIT session generally involves 30-60 seconds of hard exercise near the top of a person’s limit.

This is followed by an easy recovery exercise for the same amount of time.

The process is then repeated for about 20 minutes.

HIIT can be adapted to exercises many already do, such as walking, jogging and cycling.

For example, a workout could include 30 seconds of running at top speed then 30 seconds of walking.

Polish researchers demonstrated that HIIT could alleviate the rigidity and excessive muscle tone that makes it difficult for Parkinson’s disease patients to move their arms and legs.

The researchers showed in 11 patients with mild to moderate Parkinson’s symptoms that eight weeks of HIIT, 3 times a week had global benefit, improving both lower and upper body function.

Retrieved from: <https://www.michaeljfox.org>

**Low Intensity workouts**

Pilates

* Pilates is a system of physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the torso.
* Studies investigating the specific benefits of Pilates in Parkinson’s have ranged in duration from 5 weeks to 12 months.
* The studies often involved 3 hours of exercise a week.
* Overall the research suggests that this activity can improve muscle strength, walking, mood, overall fitness and quality of life
* There is also evidence that it may improve balance, flexibility and reduce the risk of falls.

Weight and Resistance Training

* It is known that the muscles that keep the body upright become weaker in Parkinson’s.
* This increases the chances that the body will become stooped and flexed.
* Lifting weights or using resistance equipment can be the simplest way to work on muscle strength.
* There is evidence that this type of exercise can improve strength and flexibility in people with Parkinson’s
* Resistance training focusing on the legs was seen to improve leg strength and mobility of the knee joint in people with Parkinson’s.
* A combined stretching and balance training program could be effective in reducing Parkinson’s motor symptoms.

Retrieved from: https://medium.com/parkinsons-uk/the-science-of-parkinsons-exercise-part-2-2d680afa1a01