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EXERCISE FOR PARKINSON'S DISEASE

Why Exercise? Exercise is Medicine for Parkinson's Disease



Maintaining any type of exercise for at least 150 min/week helps to improve quality of life and mobility.

People who start to exercise early and maintain that exercise for two years had better scores on health-related quality of life and mobility measures.

Rafferty MR, Schmidt PN, Luo ST, et al. Regular Exercise, Quality of Life, and Mobility in Parkinson's Disease: A Longitudinal Analysis of National Parkinson Foundation Quality Improvement Initiative Data. *J Parkinsons Dis*. 2017;7(1):193-202.

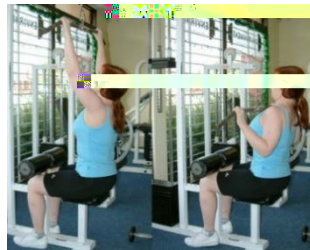


help to improve balance and may reduce falls.

Exercises including tai chi, boxing, and dance can help improve balance and reduce falls in people with Parkinson's disease.

1. Combs SA, Diehl MD, Chrzastowski C, et al. Community-based group exercise for persons with Parkinson disease: a randomized controlled trial. *NeuroRehabilitation*. 2013;32(1):117-124.
2. Li F, Harmer P, Fitzgerald K, et al. Tai chi and postural stability in patients with Parkinson's disease. *N Engl J Med*. 2012;366(6):511-9.
3. McNeely ME, Duncan RP, Earhart GM. A comparison of dance interventions in people with Parkinson disease and older adults. *Maturitas*. 2015;81(1):10-16.

Weight-lifting exercises help to reduce symptoms over time.



A randomized-controlled trial showed that progressive weight-lifting reduced PD symptoms more effectively over two years than a gentle multi-modal exercise program.

Corcos DM, Robichaud JA, David FJ, et al. A two-year randomized controlled trial of progressive resistance exercise for Parkinson's disease. *Mov Disord*. 2013;28(9):1230-40.



In a randomized-controlled trial, people who exercised at 80% maximum heart rate had slower progression of PD than people who exercised at 60% maximum heart rate.

Basic activities

Many other types of community-based exercise may be beneficial for people with Parkinson's disease. Consult your physician or physical therapist for individualized recommendations before starting a new exercise routine

How to Gain Support to Exercise

Exercise can be very effective for people with Parkinson's disease to help people with Parkinson's disease manage their symptoms. However, it can be difficult to get yourself to exercise regularly, particularly with the challenges associated with Parkinson's disease. Here are some strategies to gain support and accountability from others:

1. **Attend a group exercise class or support group for people with Parkinson's disease.** Exercise classes and support groups can be great resources to meet new people and connect over shared or similar experiences. The Parkinson's Foundation of Chicago offers a variety of exercise programs and groups. Find a class in your area:
<https://www.parkinson.org/chicago/education-support/wellness-exercise>.
2. **Participate in an online community or open forum.** The Parkinson's Foundation has an open forum where people with PD can connect with others in the PD community. Ask a question or share your personal story here: <https://forum.parkinson.org/>. The Parkinson's Foundation of Chicago has a Facebook page where you can learn about local events, exercise groups, and programs. See what is happening in the Chicagoland Parkinson's community:
<https://www.facebook.com/MovingDayChicago>.
3. **Connect with an Ambassador from the Davis Phinney Foundation.** The Davis Phinney Ambassador Program identifies individuals throughout the country to provide support for people with PD. Connect with an ambassador over email:
<https://www.davisphinneyfoundation.org/resources/ambassadors>.
4. **Use an app to motivate and encourage you to exercise.** Many people use technology to set up an exercise routine, gain motivation, and hold themselves accountable. See what exercise-based apps are available to you by visiting your mobile device app store (for example search for "exercise and Parkinson's" or other similar keywords).
5. **Encourage a friend or family member to support you.** Support looks different for different people, and it could be useful to have someone to encourage you or participate with you. If you find it difficult to get motivated to go exercise

Hold yourself accountable!

- Start small and track your progress!
- Start with something you enjoy – If you don't like walking, ride a bike instead.
- Set goatead.

Fake it 'till you make it!

- Dress the part – put on some workout clothes and your running shoes.
- Tell yourself positive thoughts: "I can do it."
- Listen to upbeat and motivating music.

Finding Help to Overcome Your Exercise Challenges

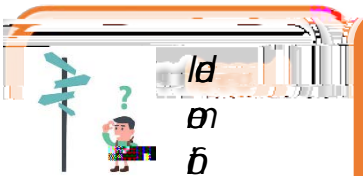
Many people with Parkinson's disease experience challenges related to starting or maintaining exercise. The suggested resources below could help you overcome some of those difficulties.



- Physical therapist to help improve your walking, balance, or pain
- Physical therapist or orthopedist to address pain due to joint or musculoskeletal problems
- Neurologist to address medications

- Physical therapist or personal trainer to help motivate
- Social worker to address resources or support
- Psychologist to address mood or behavior strategies
- Neurologist or psychiatrist to address medications

- Physical therapist or personal trainer to help you develop a system to hold



- Neurologist, clinic nurse, or social worker to provide information on why exercise is important and to share suggestions or local resources
- Physical therapist to provide information and/or practice on specific exercises: type, amount, individualized safety, and local resources



- Social worker to help find resources, transportation, and other community support services
- Physical therapist, psychologist, social worker, or counselor to help identify strategies for overcoming environmental exercise challenges



- Social worker to provide social services and support information
- Support groups to share common experiences and solutions
- Local or national PD community to learn about resources
- Personal trainer to provide 1:1 or group exercise support

Parkinson's Disease Exercise Self-Assessment

1. Current Exercise (Physical Activity Vital Sign)

- On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk)?
_____ days
- On average, how many minutes do you engage in exercise at this level (moderate to strenuous)?
_____ minutes
- Total minutes per week of physical activity (multiply #1 by #2)
_____ minutes per week

2. What types of exercise do you do? (Check all that apply.)

- | | | |
|------------------------|---------------|-------------------------|
| Physical therapy_____ | Tai chi_____ | PD-specific groups_____ |
| Aerobic exercise_____ | Boxing_____ | Yoga/Pilates_____ |
| Strength training_____ | Dance_____ | Other_____ |
| Cycling/Spinning_____ | Aquatics_____ | |

3. Over the past month, how well have you been able to maintain your regular exercise habits?

	0	1	2
Mood or Motivation Problems (feeling apathetic or depressed, loss of a loved one)	0	1	2
Lack of Time (other obligations, time commitments, family/kids, work, appointments)	0	1	2
Environmental Challenges (weather, convenient classes or gym, affordable location, equipment/space)	0	1	2
Lack of Information about exercise for PD (how to exercise, what to do, why it is important)	0	1	2

Lack of Social Support (lack of emotional or transportation support from family, friends, or peers)

KEY

Everyone is different and should make their own individualized exercise plan. Use the following key to determine if you should seek support to help you develop an ideal exercise plan.

	You might need support if:	Recommendations
Question 1: <i>Current exercise</i>	1c is less than 150 minutes	People with PD should try to exercise at least 150 min/week at a moderate intensity for

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People with PD are overwhelmed by where and how to look for videos that are credible, engaging, and relevant. Below are 7 short, engaging, and motivational videos about exercising with PD, and one longer educational video series.

1. **"How exercise will help your Parkinson's"** (Parkinson's UK - Length: 1:27)
<https://www.youtube.com/watch?v=7A1jf27cpVI>
Shows a variety of exercises done by people with PD at various levels of function
2. **"How can I start exercising with Parkinson's?"** (Parkinson's UK - Length: 1:34)
<https://www.youtube.com/watch?v=mRHmGJpGIRY>
Includes a physiotherapist's explanation on ways to incorporate exercise into your day for people with PD, and demonstrates a variety people at various levels of PD performing a range of exercises
3. **"Brian Grant Miami Heat Feature"** (Brian Grant Foundation – Length: 2:14)
<https://www.youtube.com/watch?v=Ntqk0CH6FXc>
Tribute to former Miami Heat basketball player Brian Grant showing how he continues to exercise and battle PD to maintain his quality of life
4. **"Weightlifting helps my Parkinson's"** (Parkinson's UK – Length: 2:23)
<https://www.youtube.com/watch?v=vbiIR8S3ZhQ>
Testimonial from a woman with early onset PD highlighting the importance of a variety of exercises
5. **"Exercising at home with Parkinson's"** (Parkinson's UK – Length: 2:13)
<https://www.youtube.com/watch?v=recpcNfHFHs>
A person with PD demonstrates his home exercise routine.
6. **"Patients pedal past Parkinson's"** (ABC News – Length: 1:54)
<https://www.youtube.com/watch?v=LRGCWIOeTC0>
News story showing the before and after effects of exercise (cycling) for people with PD and Cleveland Clinic researchers studying the effects of cycling on PD
7. **"Knocking out Parkinson's"** (Live 5 News – Length: 4:55)
<https://www.youtube.com/watch?v=SkQ2nwMMYEQ>
Local South Carolina news story showing a person with PD's improvement with before and after effects of exercise (boxing)
8. **"Parkinson's Exercise Essentials Video"** (Davis Phinney Foundation – Length: 1:19:36)
<https://www.davisphinneyfoundation.org/resources/parkinsons-exercise-essentials/>
Comprehensive 4-part series that includes both education and instruction on exercising with PD

Consult your physician or physical therapist to help determine what type of exercise is best for you

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