



## PARKINSON'S DISEASE NEWS

<http://www.viartis.net/parkinsons.disease/news.htm>

11th July 2013

### THE EFFECT OF PHYSIOTHERAPY ON PARKINSON'S DISEASE

Neurologia i Neurochirurgia Polska [2013] 47 (3) : 256-262 (J.Cholewa, M.Boczarska-Jedynak, G.Opala)

The aim of this study was to evaluate the influence of movement rehabilitation on the severity of motor symptoms in Parkinson's Disease. Patients took part in one hour rehabilitation exercises twice a week, which were aimed at increasing movement ranges, balance improvement, movement agility and walking. Patients' clinical status was assessed with the major Parkinson's Disease symptom score (the Unified Parkinson's Disease Rating Scale (UPDRS) parts I-III). Activity of daily living was evaluated with the Schwab and England scale. The quality of life was evaluated by the Parkinson's Disease Questionnaire (PDQ-39).

The main emphasis was placed on the ability to cope with daily activities. A significant difference in scores on the given scales was observed before and after the 12-week assessment period. Parkinson's Disease symptom score (UPDRS part I) improved by 17%, part II improved by 22%, part III improved by 19%, and PDQ-39 score improved by 17%. Mean score of the Schwab and England scale improved by 9%, indicating an improved quality of life. The rehabilitation programme clearly improved the severity of motor symptoms in people with Parkinson's Disease.

<http://www.viartis.net/parkinsons.disease/news/130711.pdf>

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