



PARKINSON'S DISEASE NEWS

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

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EFFECT OF RESISTANCE TRAINING ON PARKINSON'S DISEASE

Resistance training is any exercise that causes the muscles to contract against an external resistance with the expectation of increases in strength, tone, mass, and/or endurance. The external resistance can be weights, dumbbells, your own body weight, or any other objects that are heavy enough to cause the muscles to contract. For more information go to : http://www.emedicinehealth.com/strength_training/article_em.htm

Seven electronic databases were systematically searched for studies from 1946 to 2014 for the effect of resistance training on Parkinson's Disease. Seven studies, comprising of 401 participants with early to advanced Parkinson's Disease were included.



The analyses demonstrated significant effects (from a possible range of effect from -1.00 to +1.00) in favour of resistance training compared to non-resistance training or no training at all for : muscle strength (+0.61), parkinsonian motor symptoms (+0.48), and balance (+0.36). There was no significant effect on : gait, balance confidence and quality of life.

This review demonstrated that moderate intensity progressive resistance training, 2 to 3 times per week over 8 to 10 weeks, can result in significant strength, balance and motor symptom gains in people with early to moderate Parkinson's Disease.

Reference : Clinical Rehabilitation [2015] Feb 17 [Epub ahead of print] (C.L.Chung, S. Thilarajah, D.Tan) Complete abstract : <http://www.ncbi.nlm.nih.gov/pubmed/25691582>

<http://www.viartis.net/parkinsons.disease/news/150223.pdf>

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