

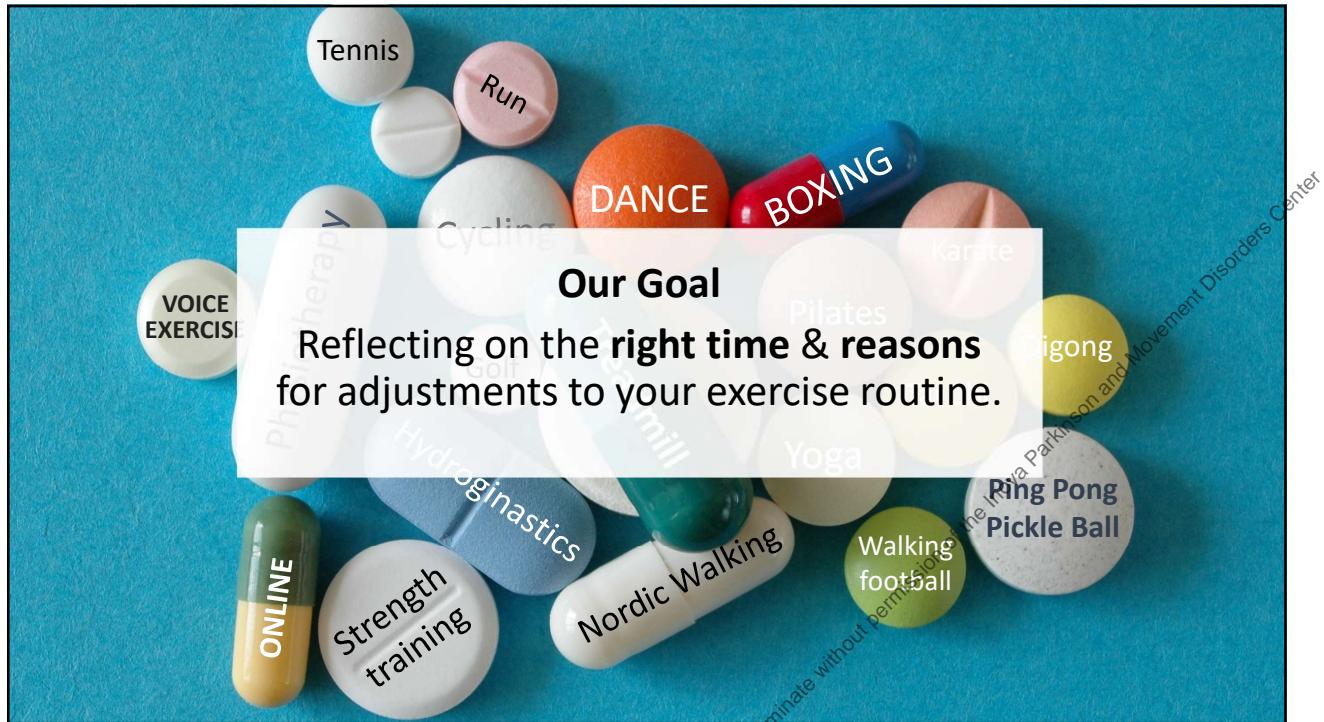
When should a person with Parkinson's change exercise routine?

Recently Diagnosed | Online Guide

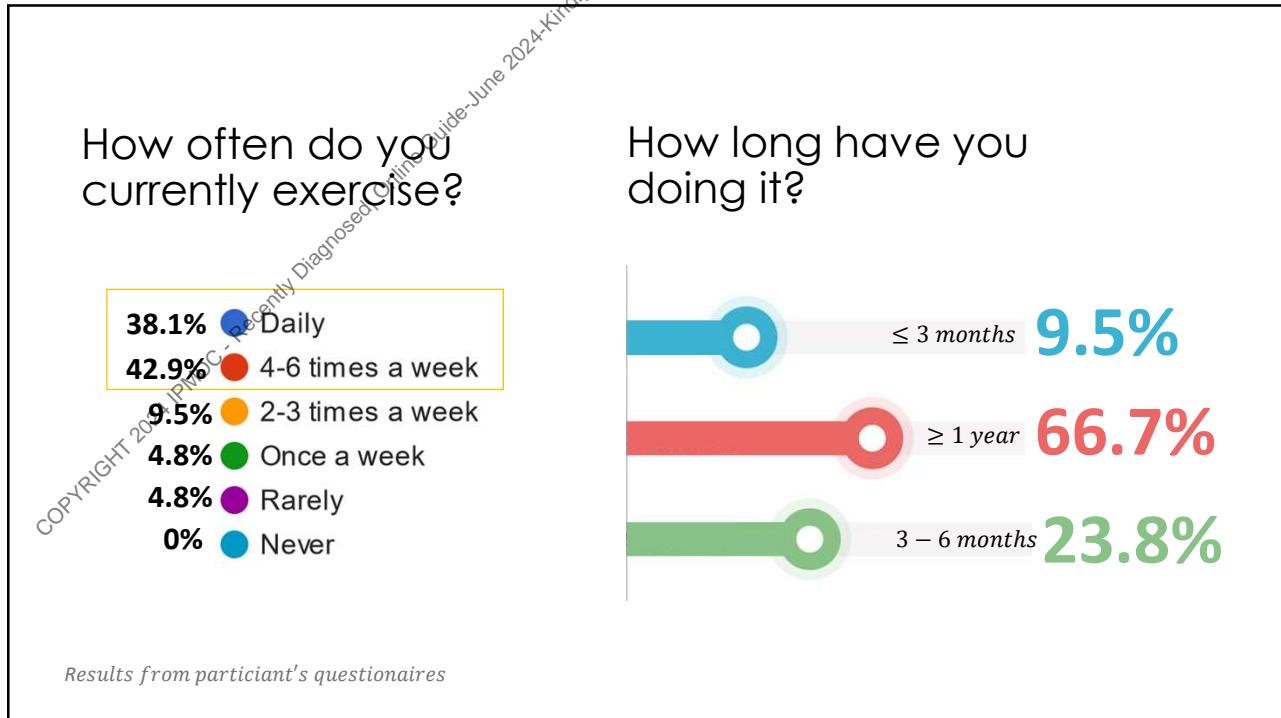
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Have you ever changed your exercise routine since diagnosis?

11 I wanted more enjoyment and personal preferences

10 I needed/wanted to get specific improvements (e.g., flexibility, balance)

7 Changes in physical condition or health

7 Lifestyle changes (e.g., schedule, location)



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When does a person with Parkinson's HAVE to change exercise?

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When SHOULD a person with Parkinson's change exercise?

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When does a person with Parkinson's HAVE to change exercise?

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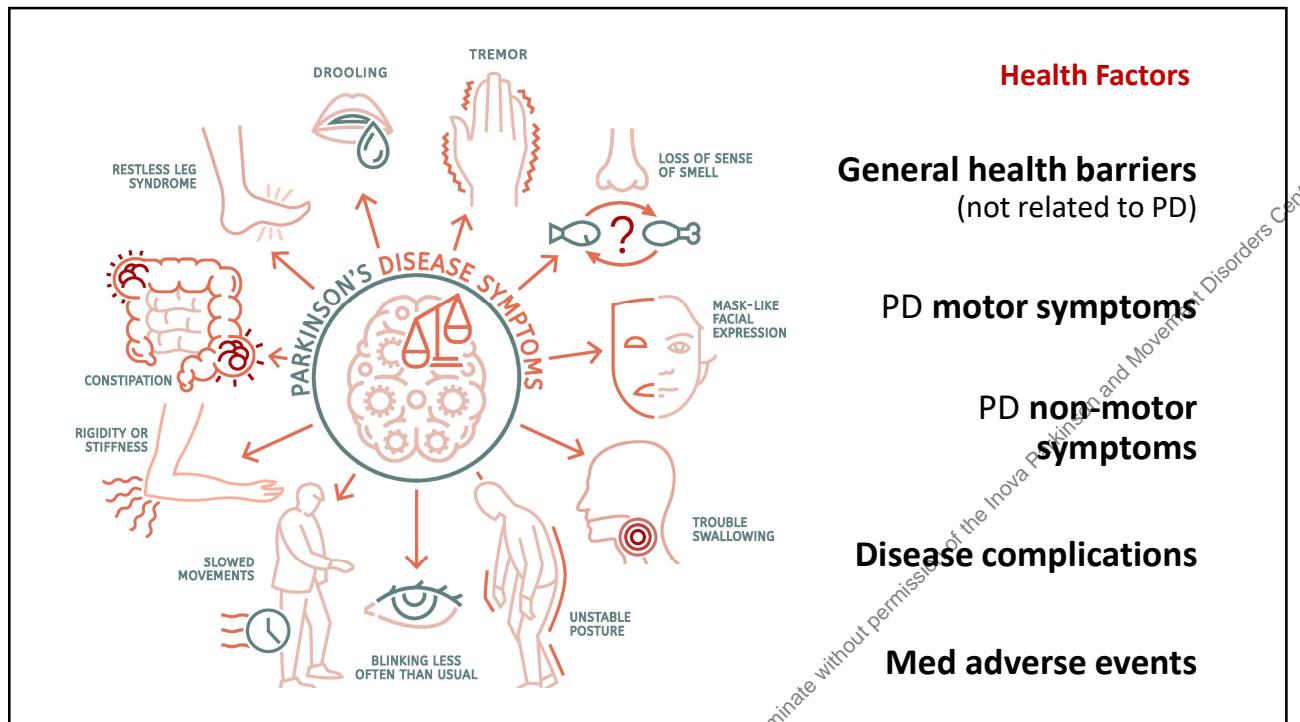
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People are forced to change when a new barrier comes along...



Schootermeijer, S. (2020)

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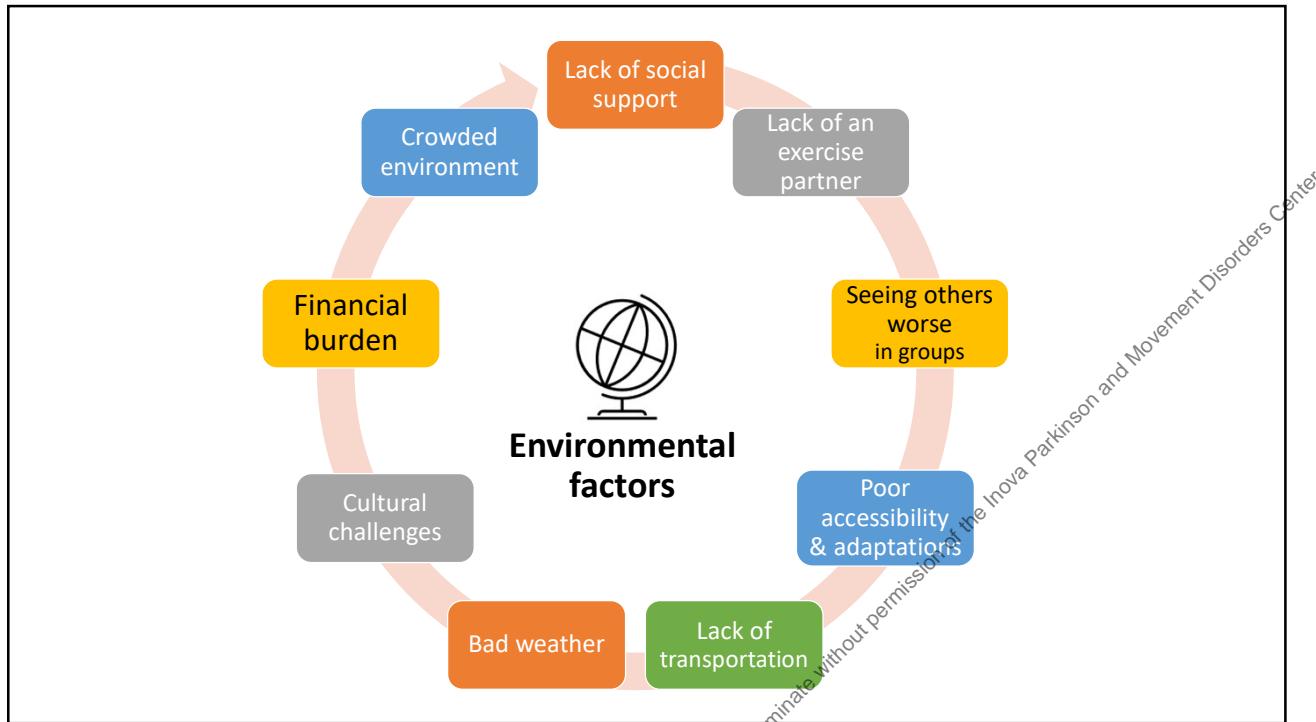


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Personal barriers

- **Low self-efficacy**
- **Fear of falling or reduced balance self-efficacy**
- **Low outcome expectations**
- **Physical discomfort with exercise**
- **Lack of time**

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Feasible, accessible & enjoyable option

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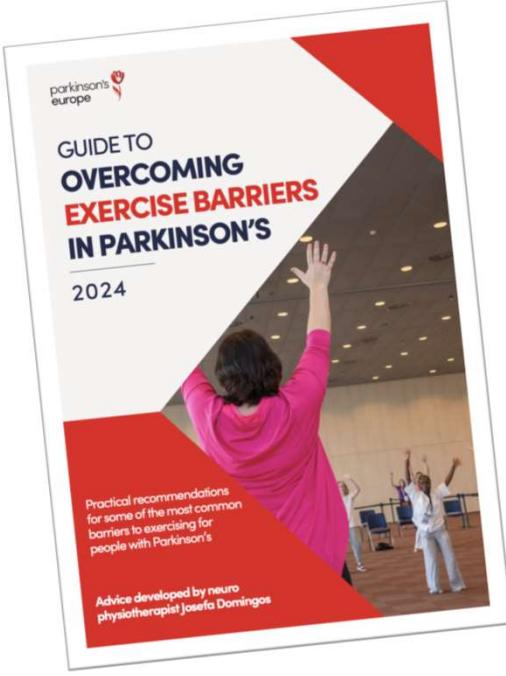
Growing evidence in favor

Access to specialists

Increasing frequency of trainings

Josefa Domingos (2023). Online Zumba Gold for Parkinson's. Journal of Parkinson's Disease, vol. 13, no. s1, P13.12, 2023.

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Overcoming exercise barriers in Parkinson's

<https://parkinsonseurope.org/2024/05/14/exercise-and-parkinsons-how-to-overcome-barriers-to-physical-activity/>

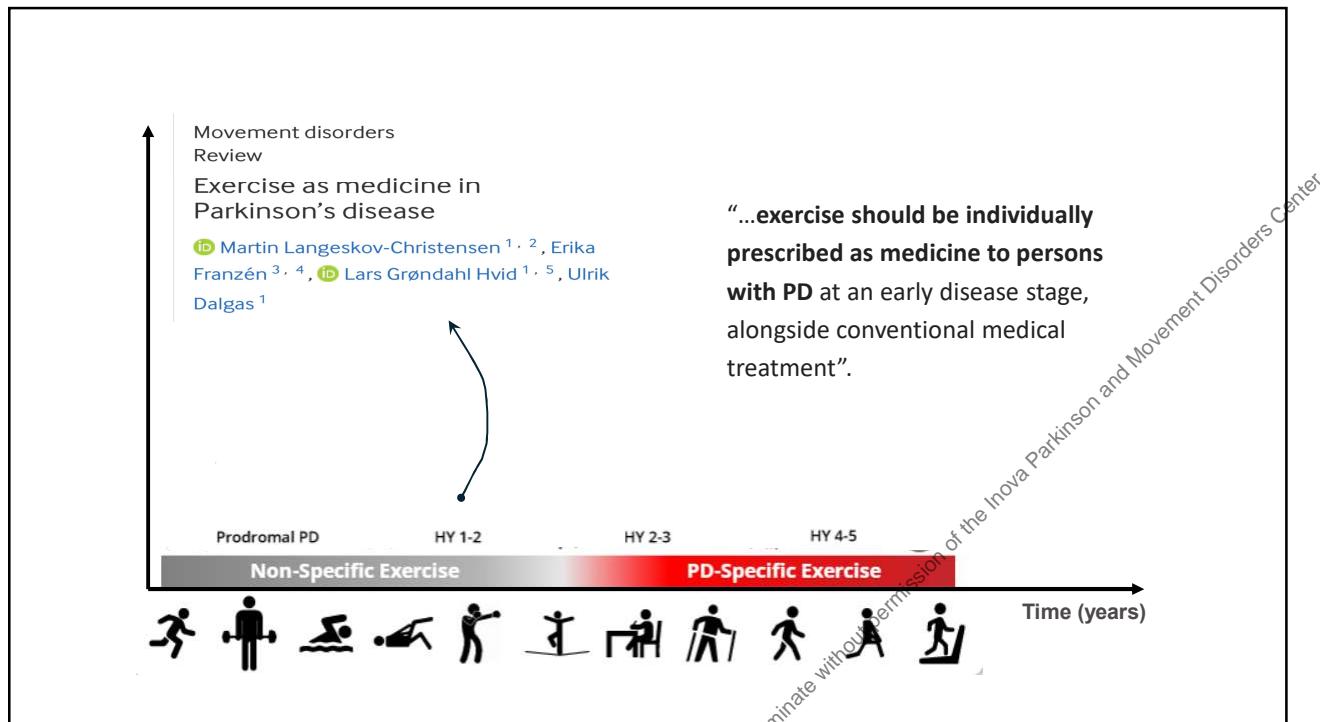
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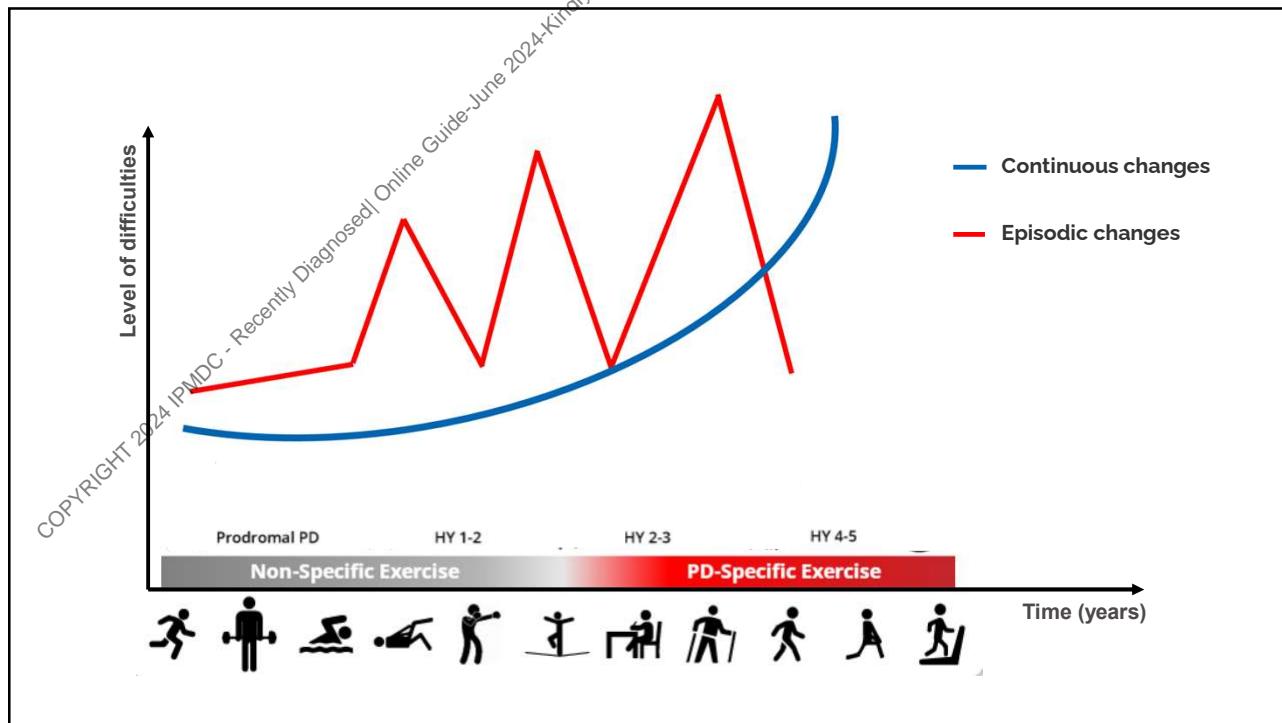
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When **SHOULD** a person with Parkinson's change exercise?

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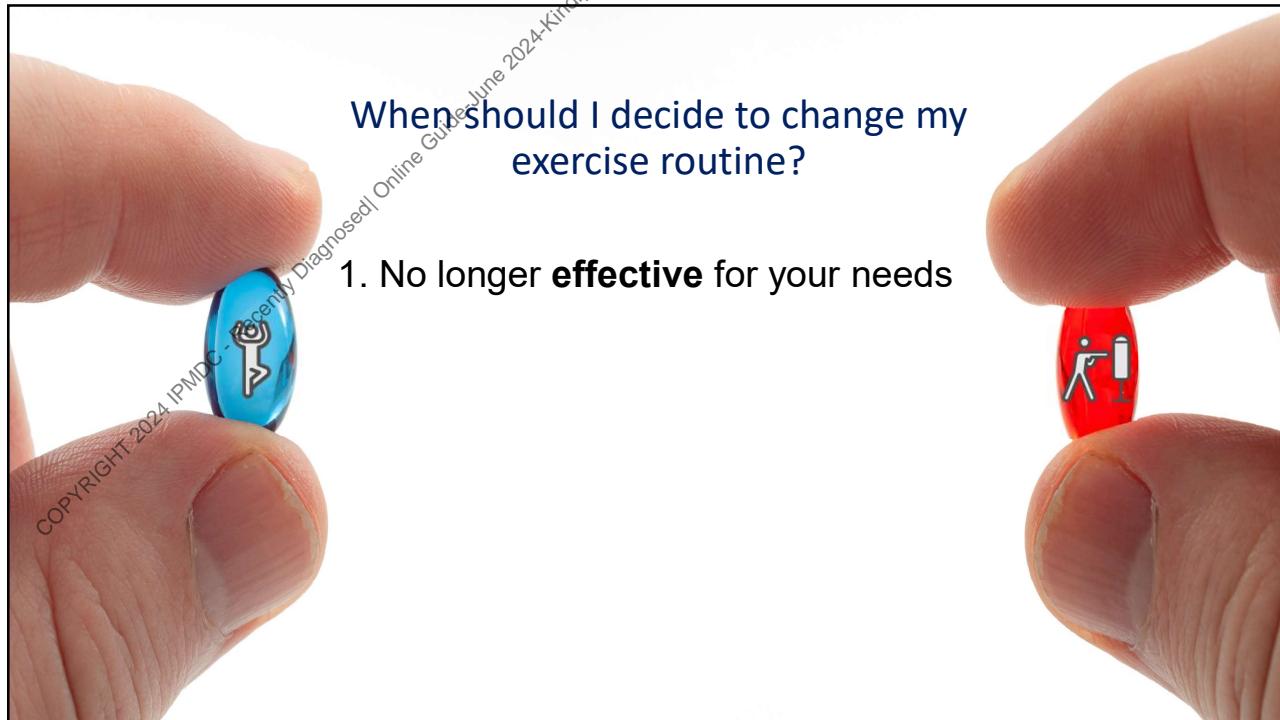
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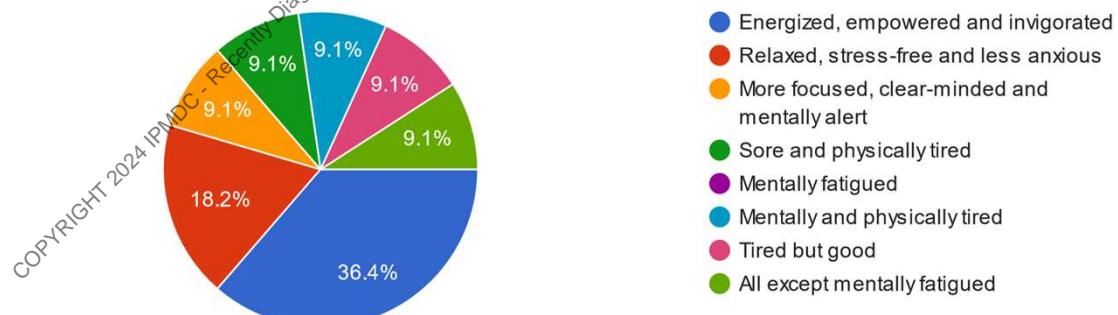
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To be effective:

- How do I feel after?

19

How do you feel physically, emotionally and mentally after a boxing class session?



From questionnaire people with Parkinson's

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To be effective:

- How do I feel after?
- Do I (& family) perceive the benefits?
- Does it help me achieve **my goals?**

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Parkinson's Exercise Guidelines

AEROBIC EXERCISE



3 days per week.
≥30 min of continuous or intermittent exercise per session

STRENGTH



2-3 days per week, on nonconsecutive days. 10-15 repetitions with a special focus on extensors.

BALANCE, AGILITY & DUAL TASKING



2-3 hours/week.
Multi-directional stepping, weight shifting, reaching, agility, dual-task training.

FLEXIBILITY



> 2-3 days/week, with daily being most effective.



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To be effective:

- How do I feel after?
- Do I (& family) perceive the benefits?
- Does it help me achieve my goals?
- **Evidence supporting its use?**

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INTERVENTION	QUALITY OF THE EVIDENCE	STRENGTH OF RECOMMENDATIONS
Aerobic Exercise	High	♦♦♦♦
Resistance training	High	♦♦♦♦
Balance training	High	♦♦♦♦
Flexibility training	Low	♦♦◊◊
Community-based training	High	♦♦♦♦
Telerehabilitation	Moderate	♦♦◊◊

Physical Therapy, Volume 102, Issue 4, April 2022

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Dance as leisure



Primary focus: leisure, pleasure, fun/wellbeing or entertainment

Dance as therapeutic



Primary focus: movement specific to PD

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Boxing as leisure/fun



Primary focus: leisure, pleasure, fun/wellbeing

Boxing as therapeutic



Primary focus: movement specific to PD

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To be effective:

- How do I feel after?
- Do I (& family) perceive the benefits?
- Does it help me achieve my goals?
- Evidence supporting its use?
- Is my exercise routine **flexible enough to adapt to my needs?**

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Work with professionals that can adapt

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30

EXPERTISE = EFFICACY



I was with the instructor this week and she kept saying your left arm is being lazy. She was surprised that's a Parkinson's symptom. So I focused on range of movement over speed. Anybody else not bring their affected arm back far enough when punching or find it really hard punching over head?

1 resposta

Gosto

Comentar

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Capacity to identify “crises”



Abrupt changes in motor performance

Motor fluctuations:
wearing-off,
unpredictable on-off
• Dyskinesia



Changes in cognitive status

- Mental confusion
- Delirium
- Hallucinations
- Aggressiveness



Changes of conscience/general status

- Syncope (fainting)
- Extreme sleepiness
- Coma

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To be safe:

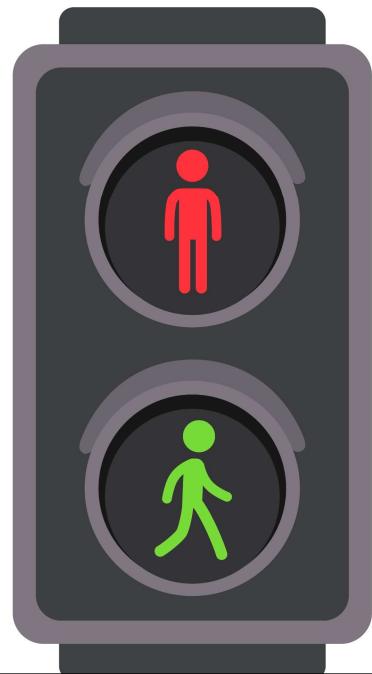
- What's the expertise of who applies it?
- How do I feel during and afterwards?



Red flag: A person feels unease during the activities and feels worse afterward

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Take adequate rest and recovery time between sessions to avoid overexertion, excessive fatigue and frustration.



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To be safe:

- What's the expertise of who applies it?
- How do I feel during and afterwards?
- Evidence regarding safety?

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Essentials of Safety: **who** applies, **what** is applied, and **how** we use it.



Expertise: Keep good balance between **efficacy**, need of supervision & safety.

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To be safe:

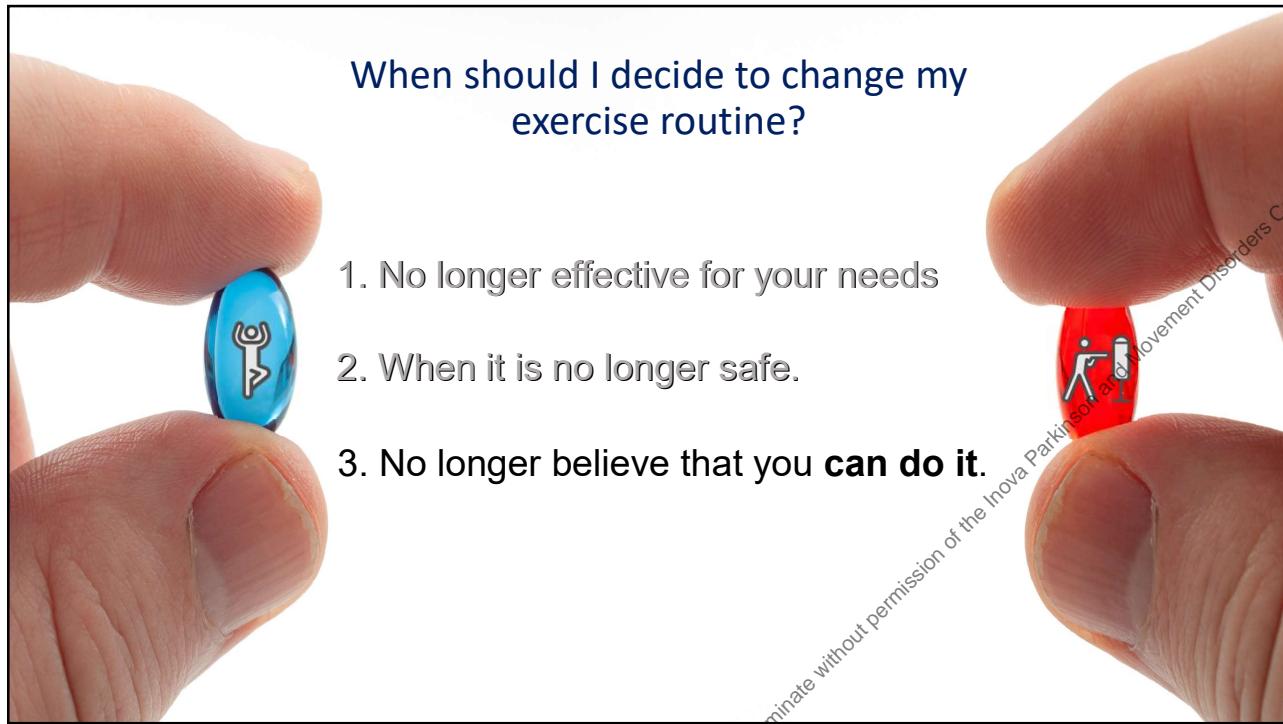
- What's the expertise of who applies it?
- How do I feel during and afterwards?
- Evidence regarding safety?
- How and where I do it?

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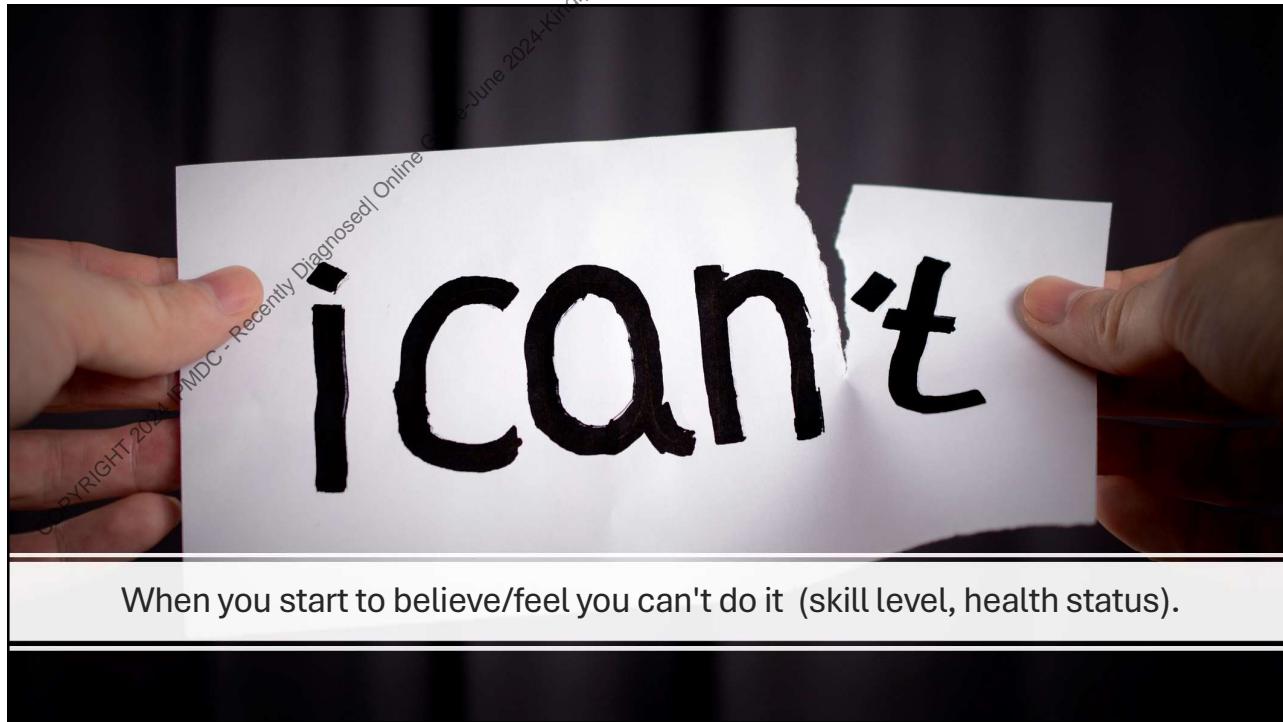


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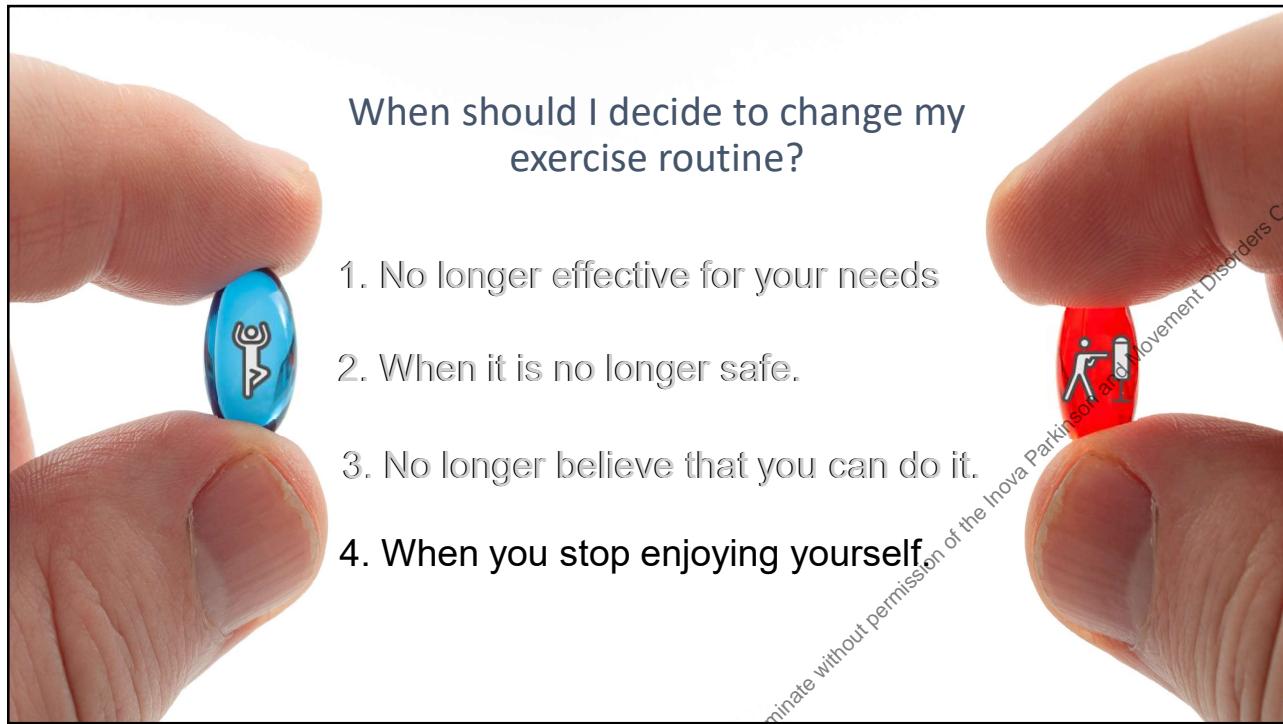
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DISABILITY AND REHABILITATION
<https://doi.org/10.1080/09638288.2019.1638975>

RESEARCH PAPER

Determinants of exercise behaviour in persons with Parkinson's disease

Andrew Zaman, Laura Ellingson, Alyssa Sunken, Erin Gibson and Elizabeth L. Stegemöller
 Department of Kinesiology, Iowa State University, Ames, IA, USA

Gender, marital status, and **enjoyment** of exercise predict exercise behavior.

Addressing these factors could enhance **exercise adherence**.

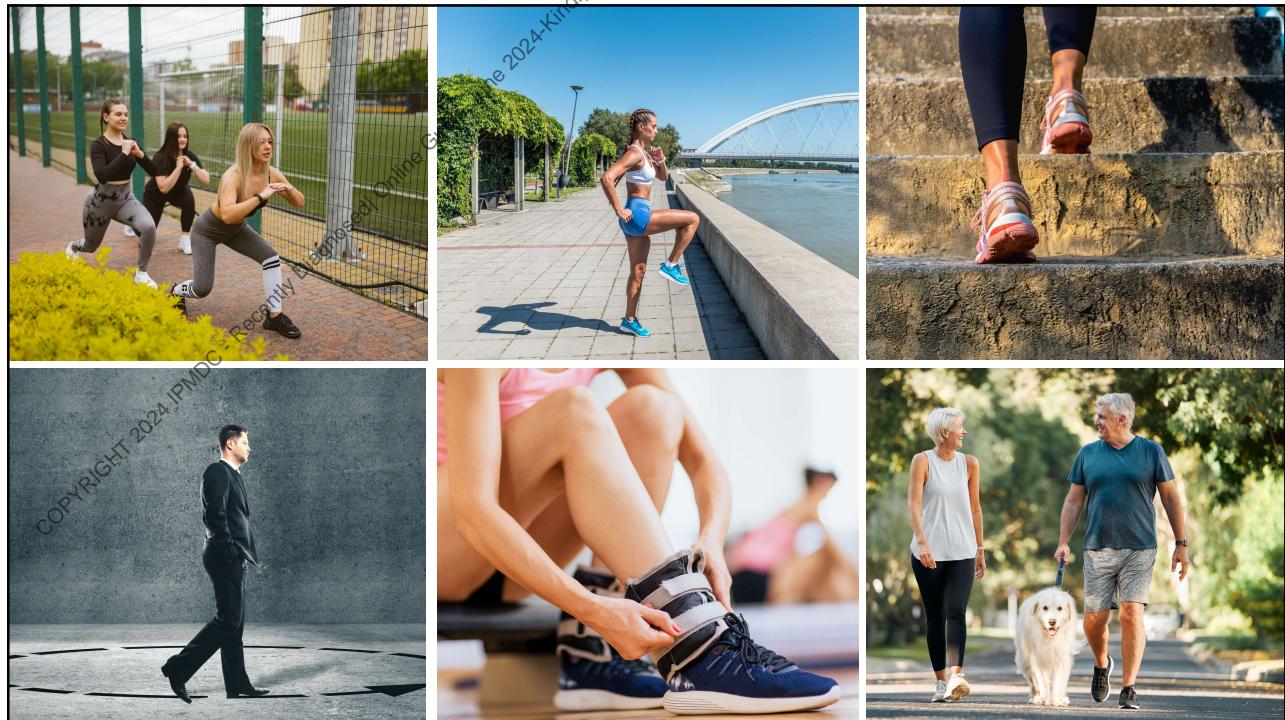
(Zaman et al., 2019).

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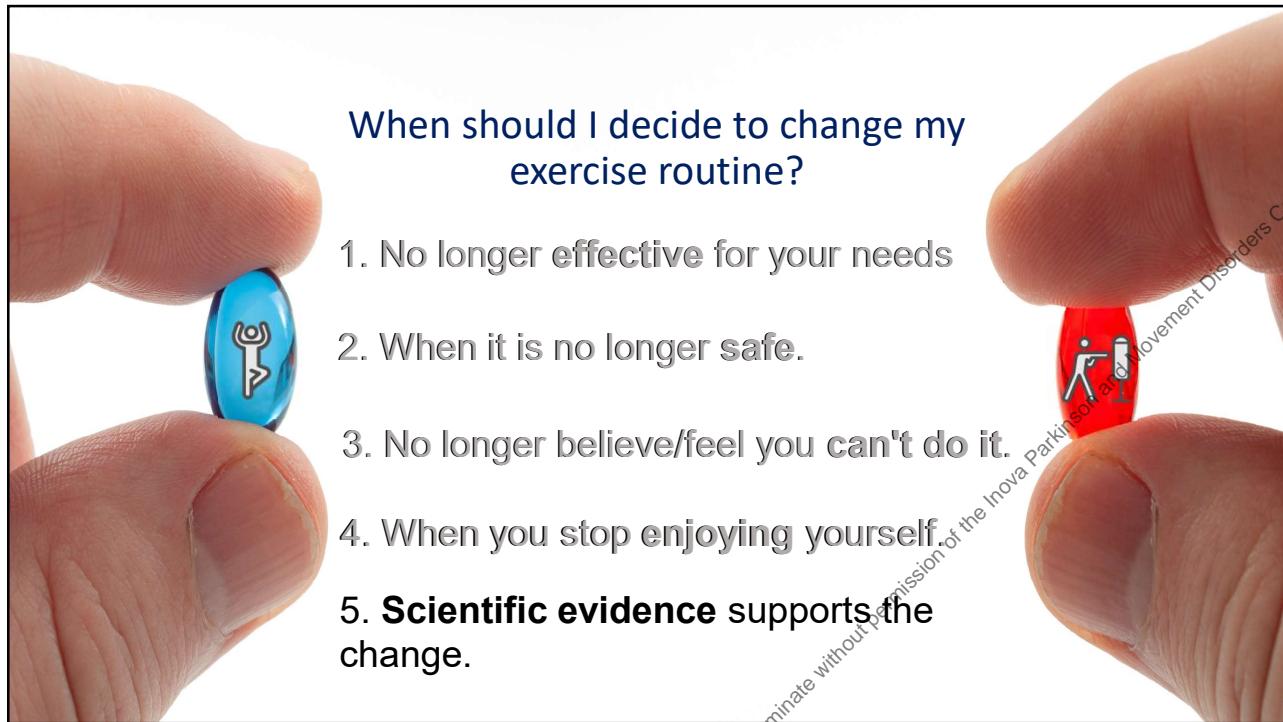
Addressing motivation



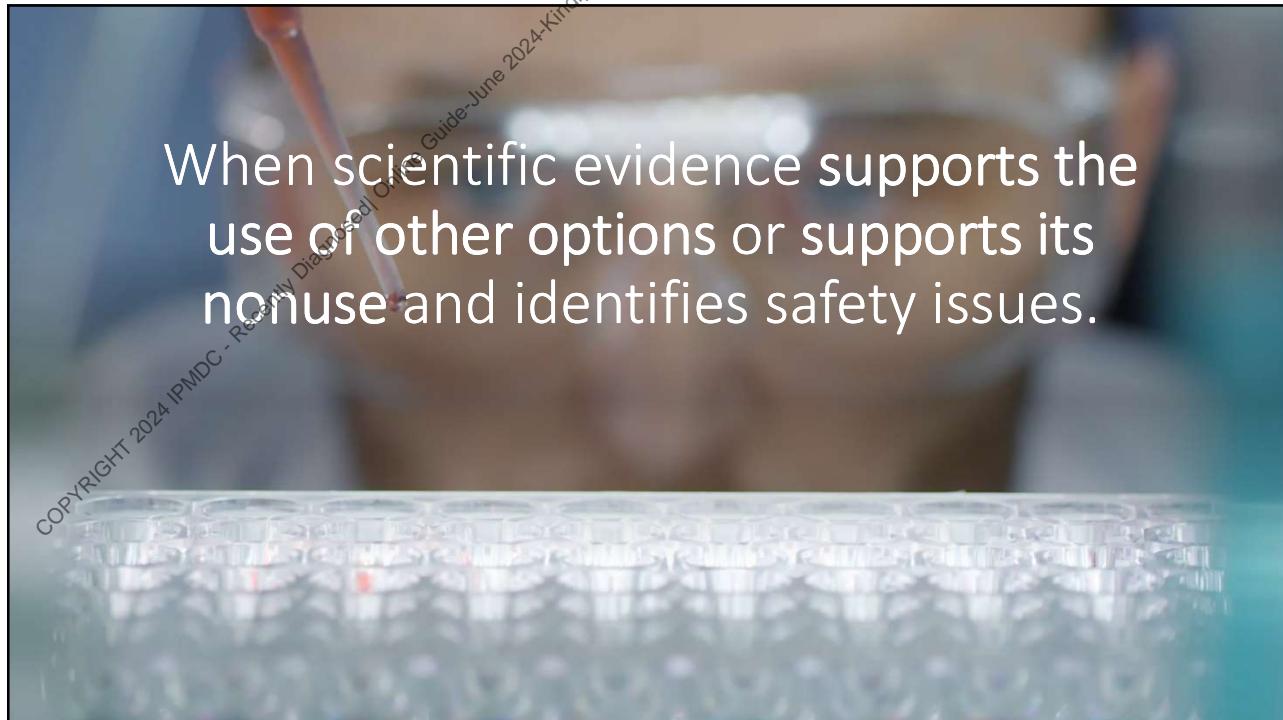
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How do I know when to change? Your self-assessment tool

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How do I know when to change? Your Self-assessment Tool



Is it effective for my health needs or goals?

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How do I know when to change? Your Self-assessment Tool



Is it
effective
for my
health
needs or
goals?



**Is it safe for
me?**

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How do I know when to change? Your Self-assessment Tool



Is it
effective
for my
health
needs or
goals?



Is it safe for
me?



**Do I still
believe I
can do it?**

50

25

How do I know when to change? Your Self-assessment Tool



Is it
effective
for my
health
needs or
goals?



Is it safe for
me?



Do I still
believe I
can do it?



Do I still
enjoy it?

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Josefa Domingos & John Dean

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