

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

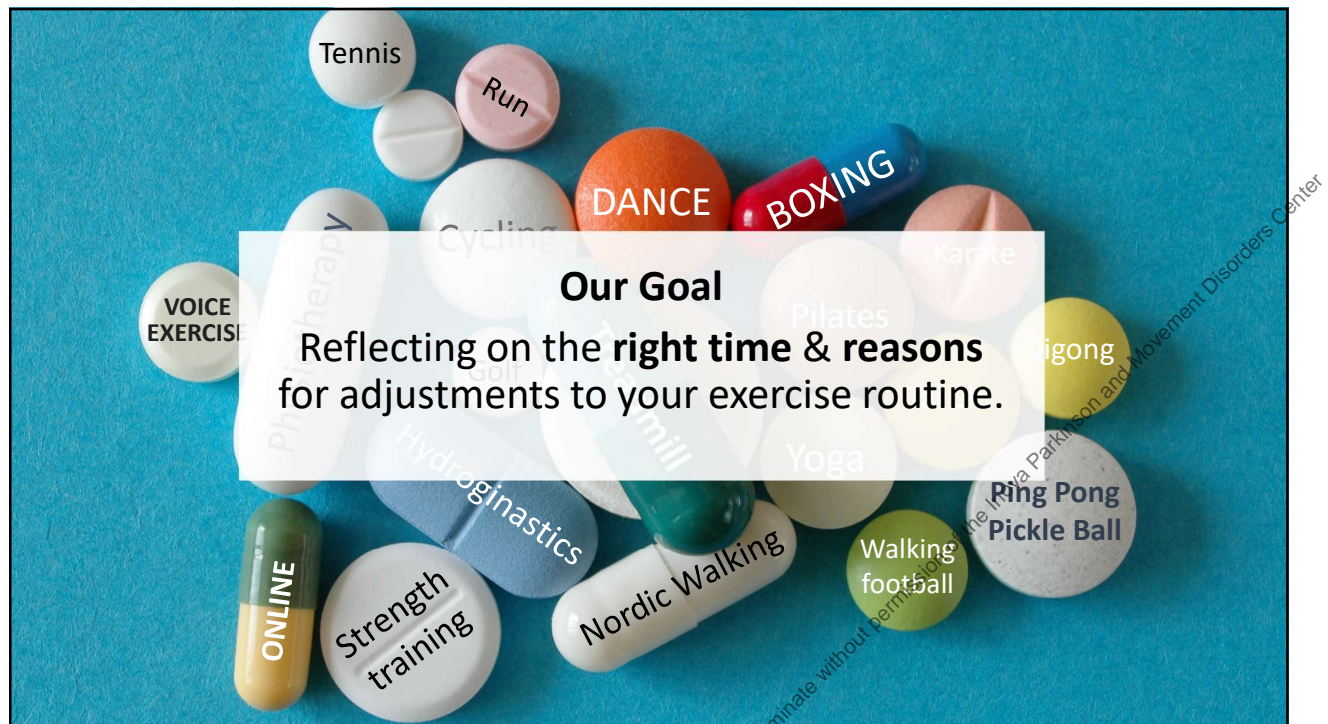
Recently Diagnosed | Online Guide



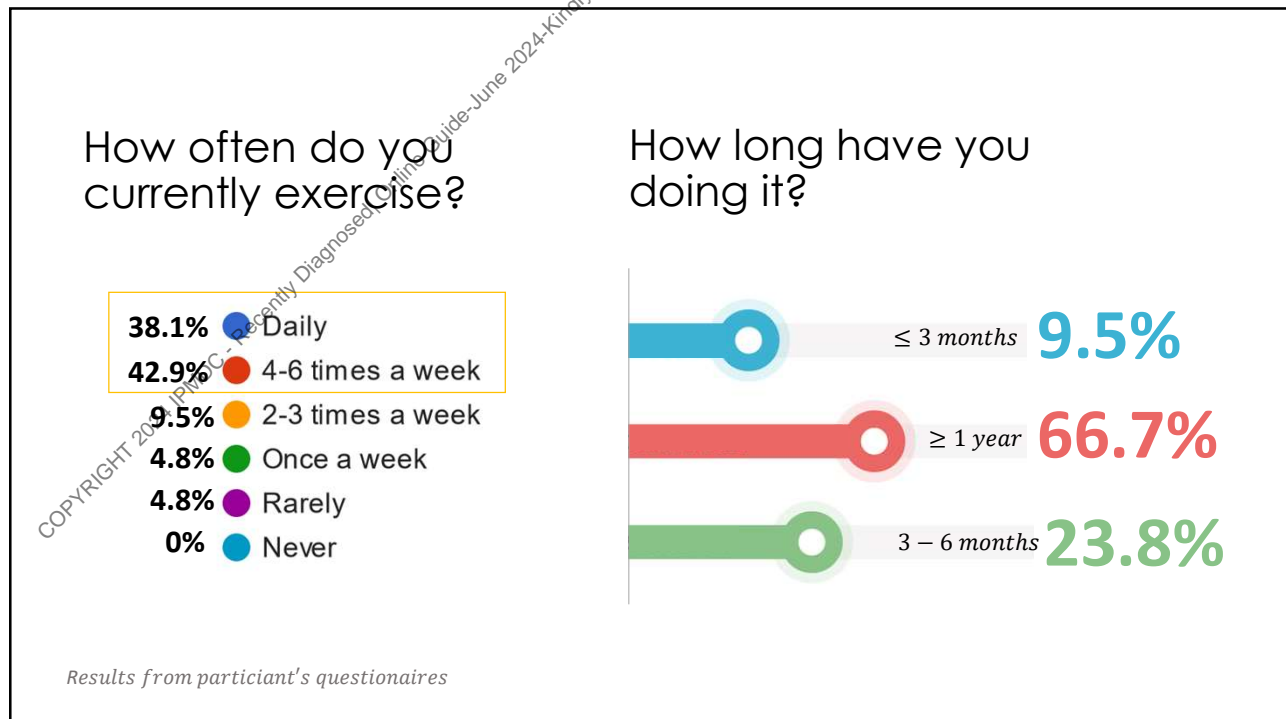
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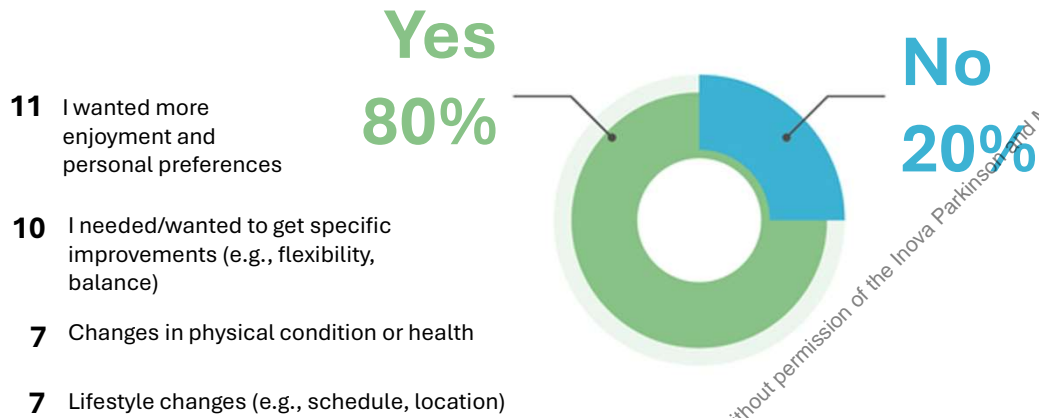


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Have you ever changed your exercise routine since diagnosis?



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

When SHOULD a person with Parkinson's change exercise?

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

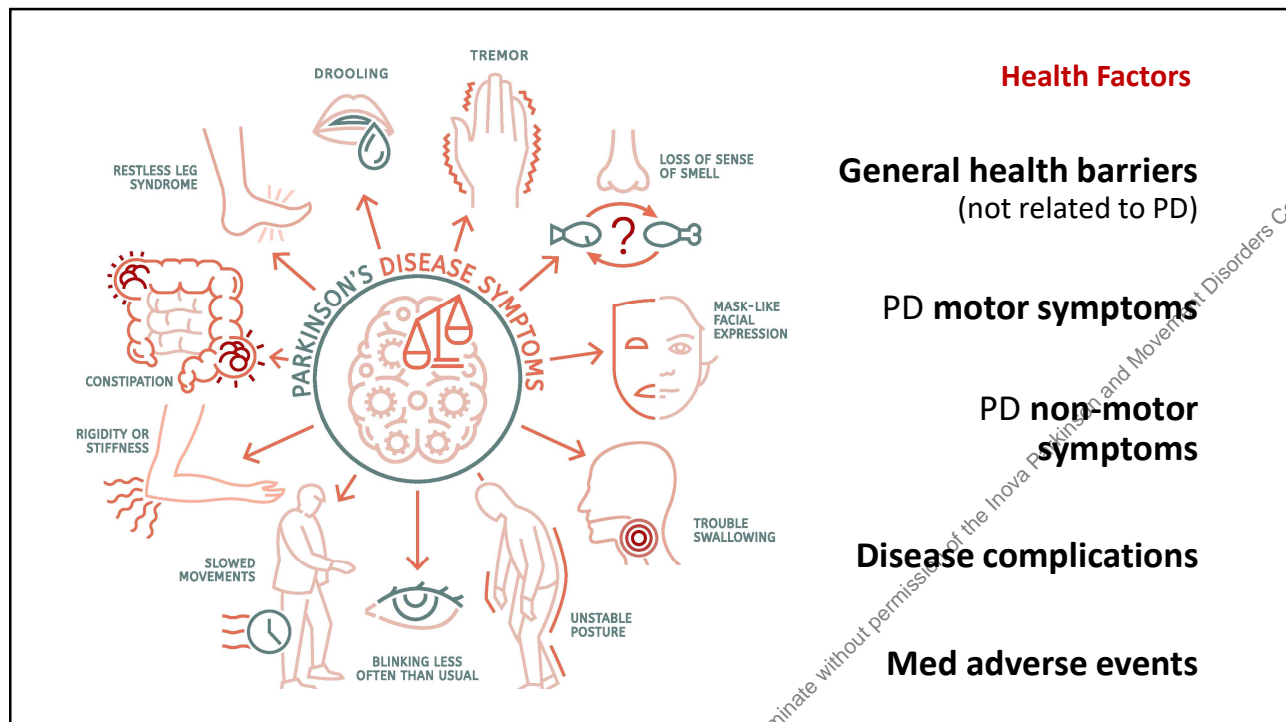
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People are forced to change when a new
barrier comes along...



Schootemeijer, S. (2020)

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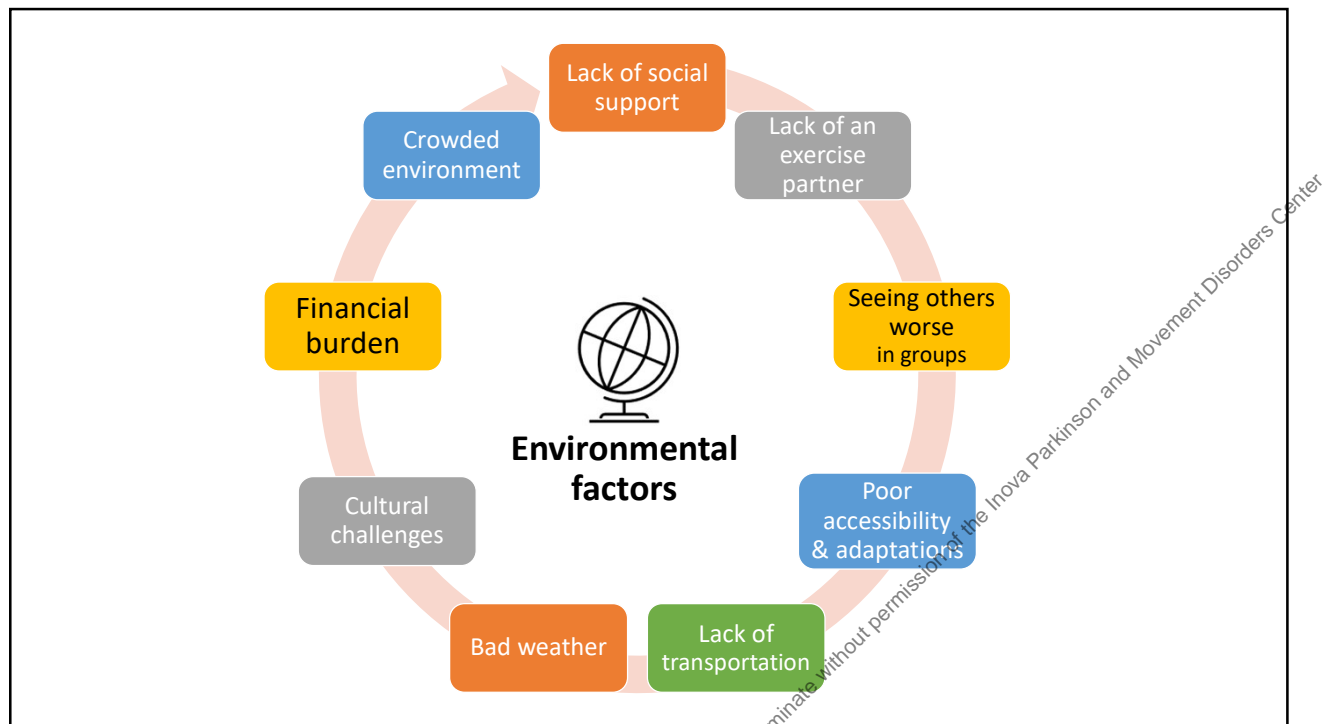
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Personal barriers

- **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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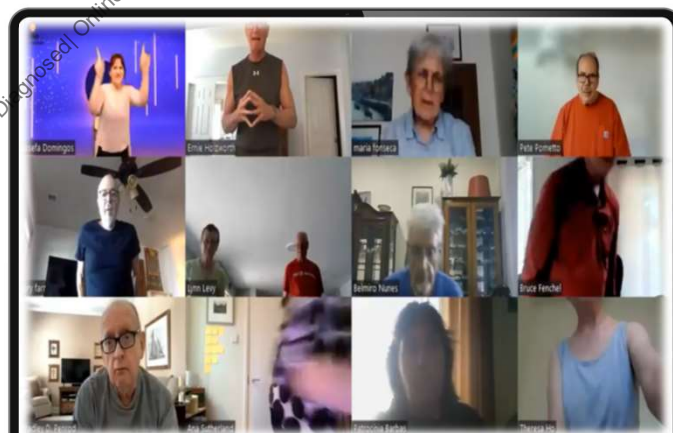
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Feasible, accessible & enjoyable option

Growing evidence in favor

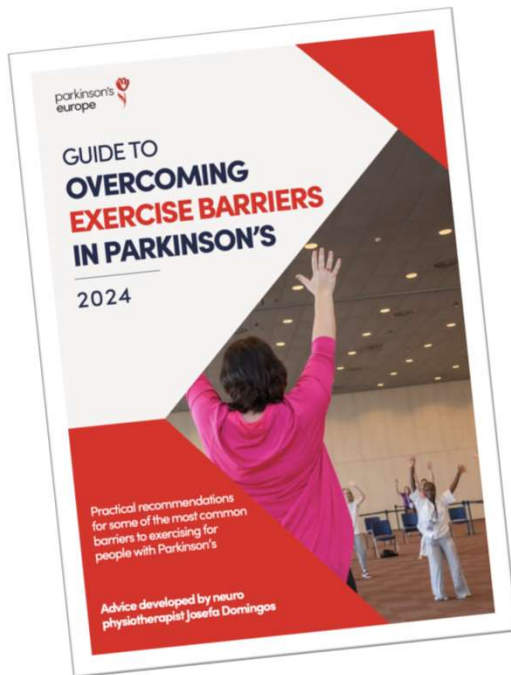
Access to specialist

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

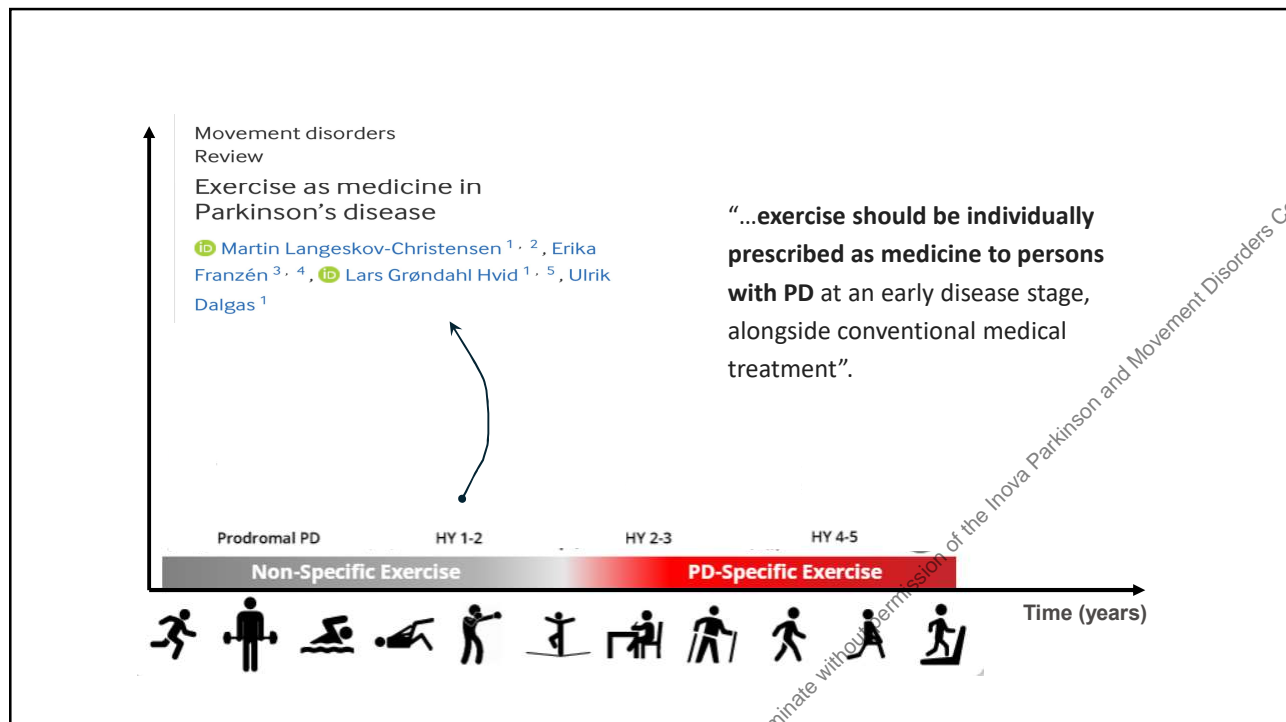
<https://parkinsonseurope.org/2024/05/14/exercise-and-parkinsons-how-to-overcome-barriers-to-physical-activity/>

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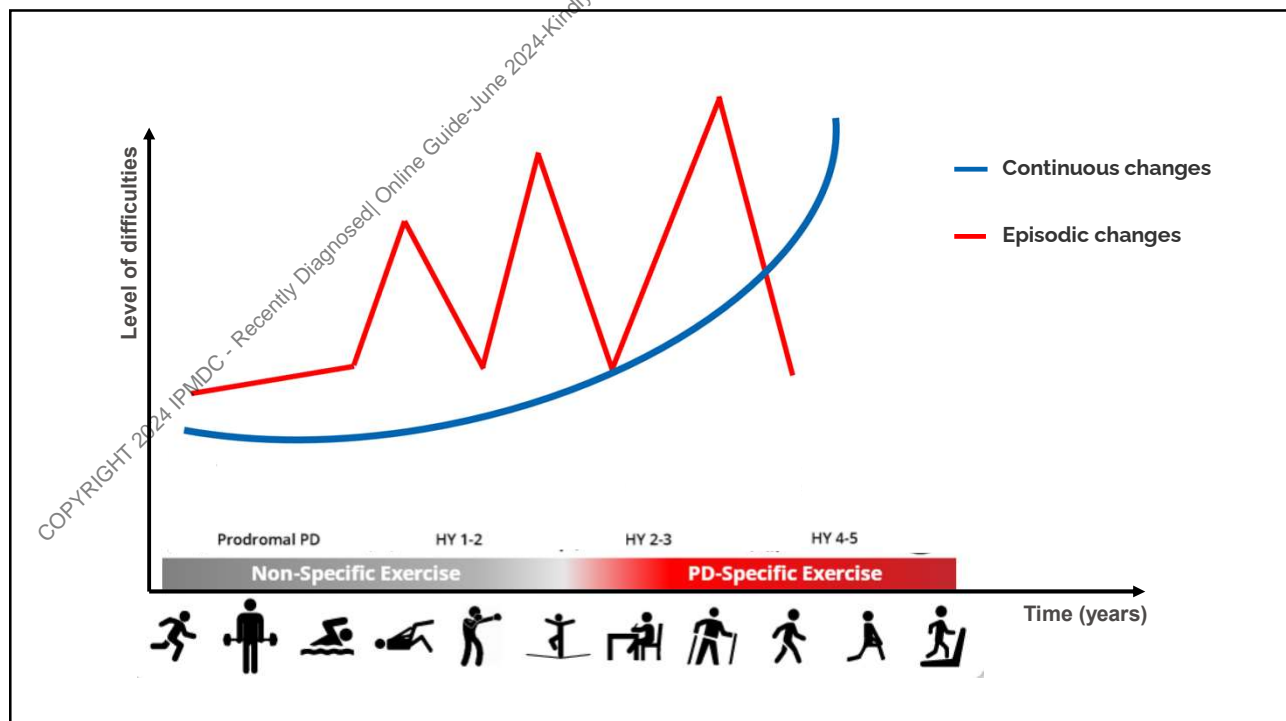


When **SHOULD**
a person with
Parkinson's
change exercise?

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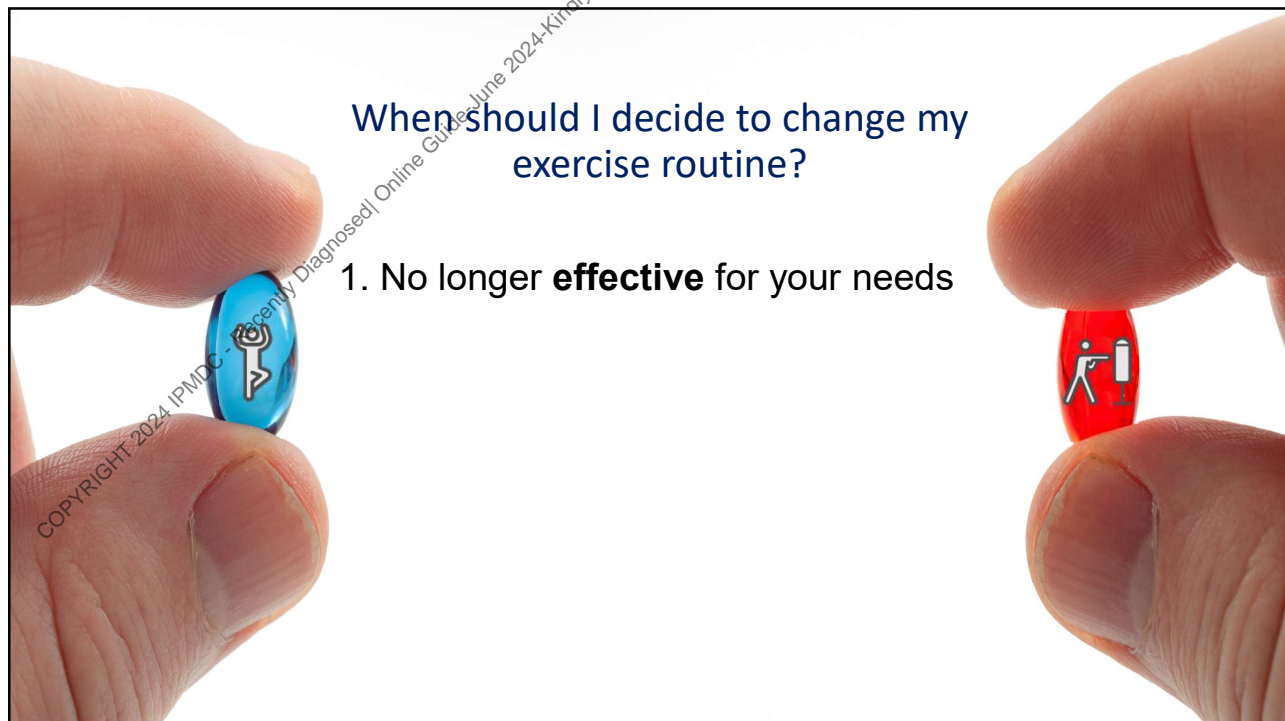
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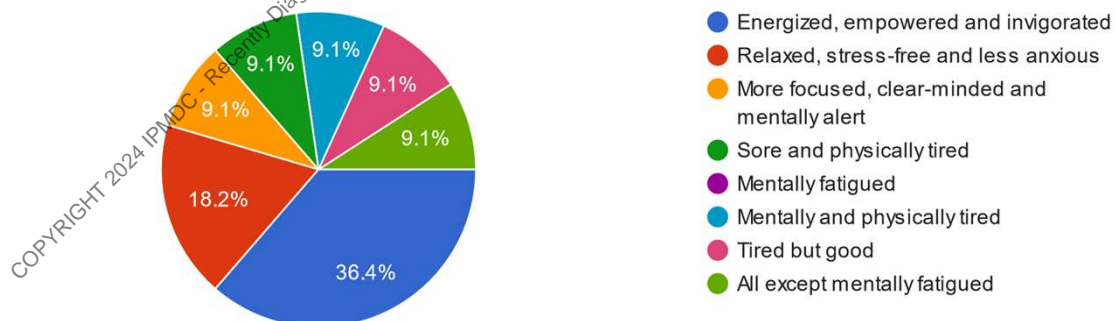
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To be effective:

- How do I **feel** after?

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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	STRENGTH	BALANCE, AGILITY & DUAL TASKING	FLEXIBILITY
			
3 days per week. ≥30 min of continuous or intermittent exercise per session	2-3 days per week, on nonconsecutive days. 10-15 repetitions with a special focus on extensors.	2-3 hours/week. Multi-directional stepping, weight shifting, reaching, agility, dual-task training.	> 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:

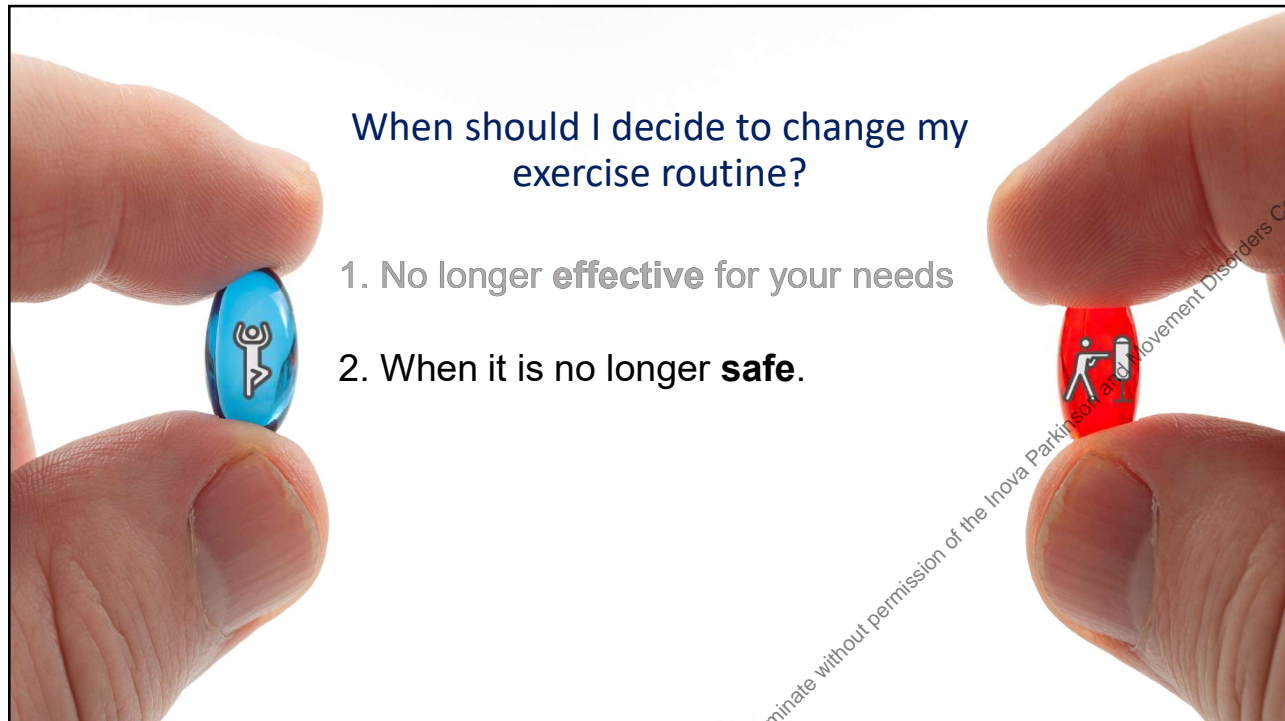
- How do I feel after?
- Do I (& family) perceive the benefits?
- Does it help me achieve my goals?
- Evidence supporting its use?
- Is my exercise routine **flexible enough** to adapt to my needs?

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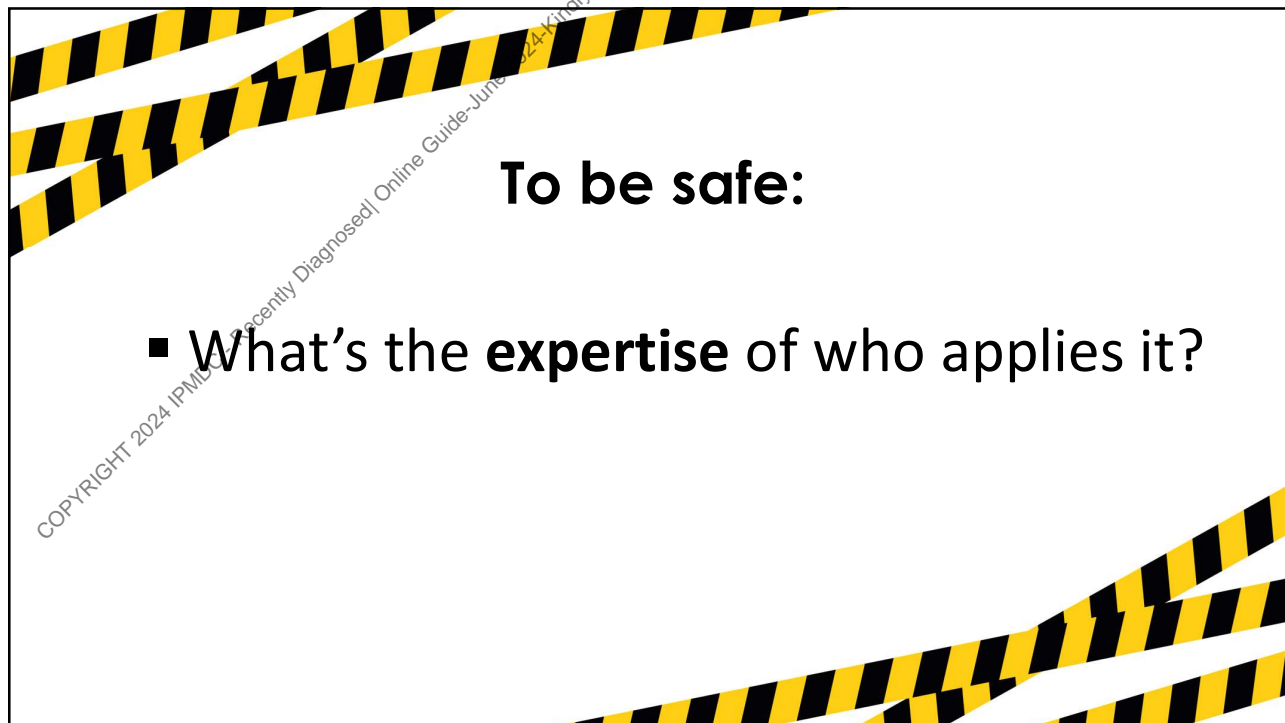


Work with
professionals
that can
adapt

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EXPERTISE = EFFICACY



Parkinson's
group



3 h · 📷

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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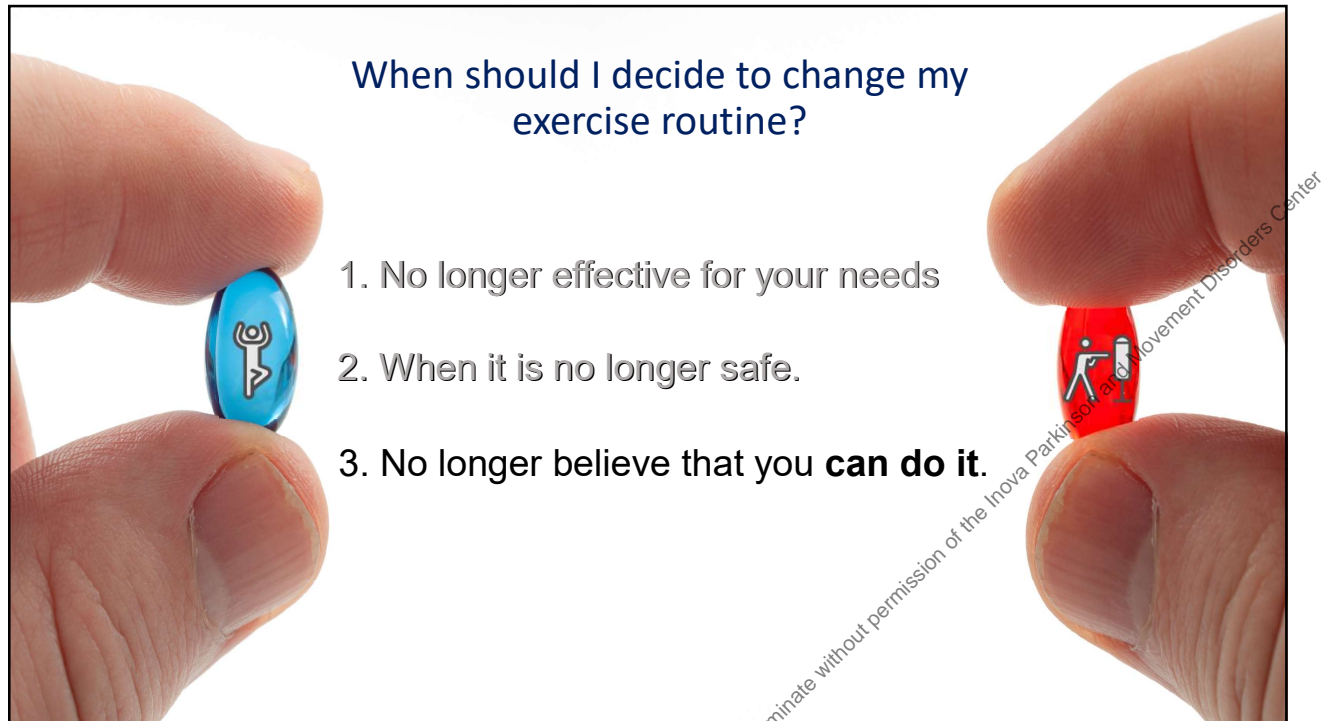
To be safe:

- 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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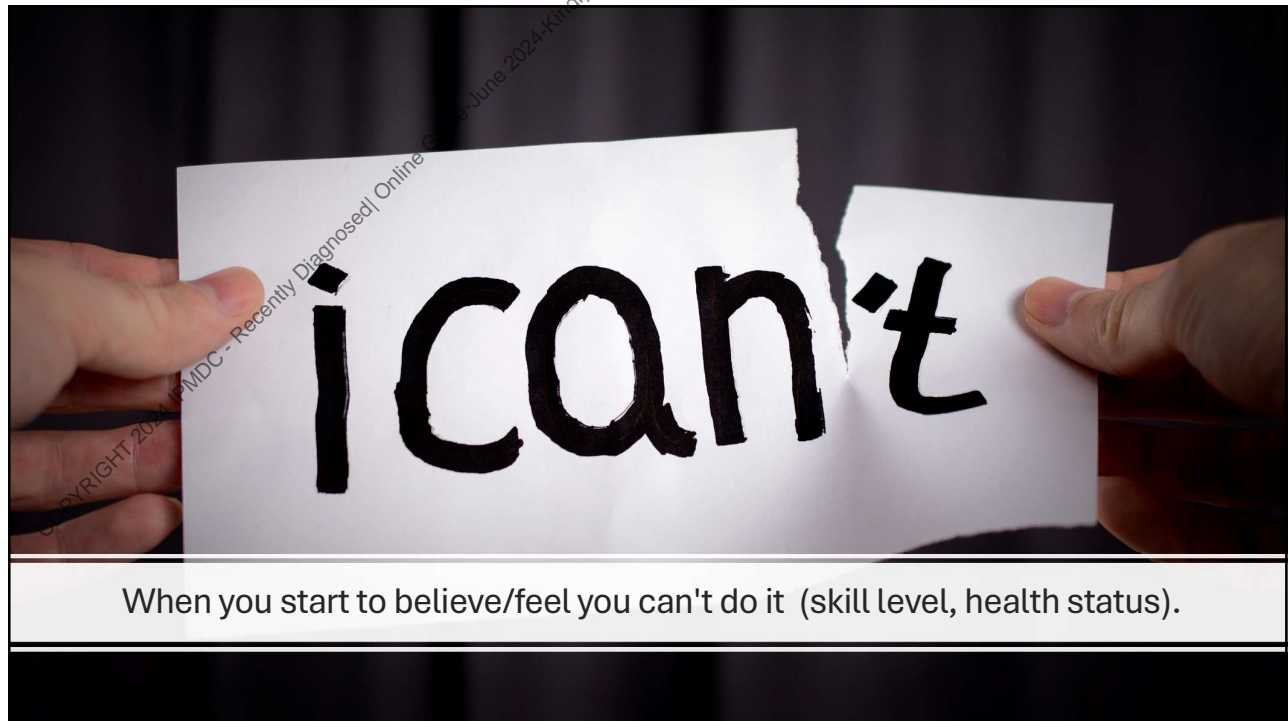


When should I decide to change my exercise routine?

1. No longer effective for your needs
2. When it is no longer safe.
3. No longer believe that you **can do it**.

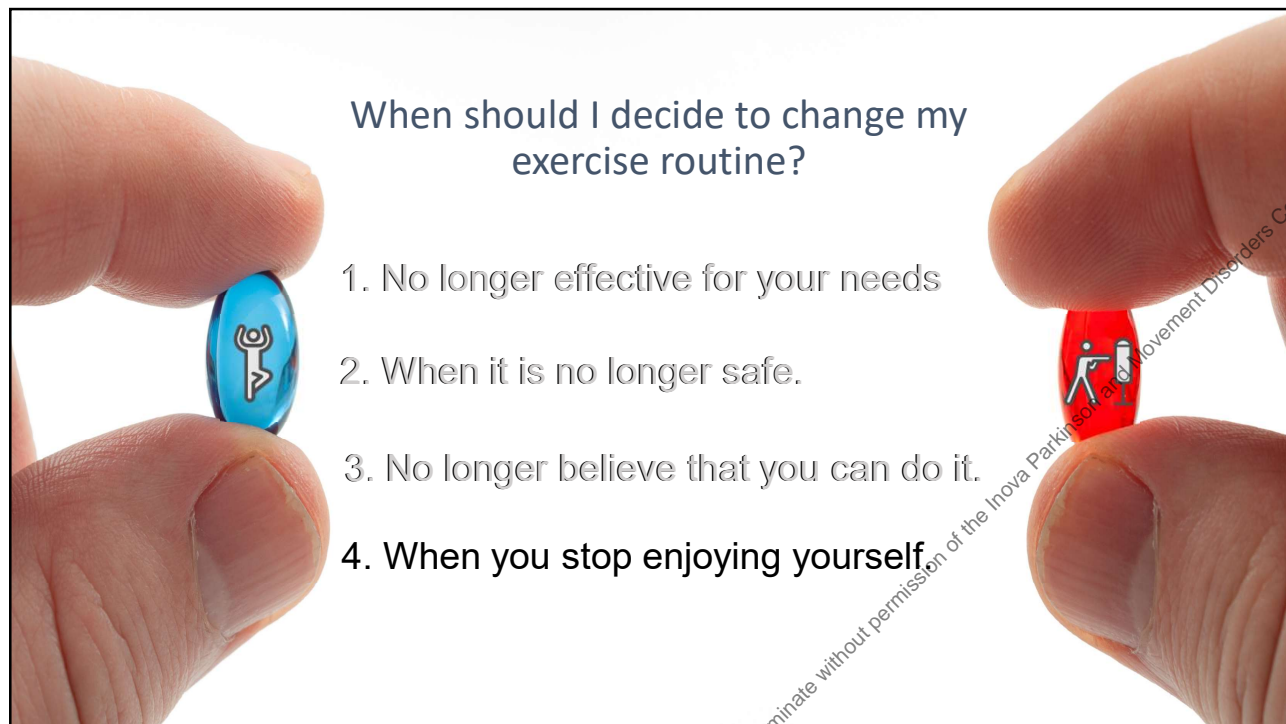
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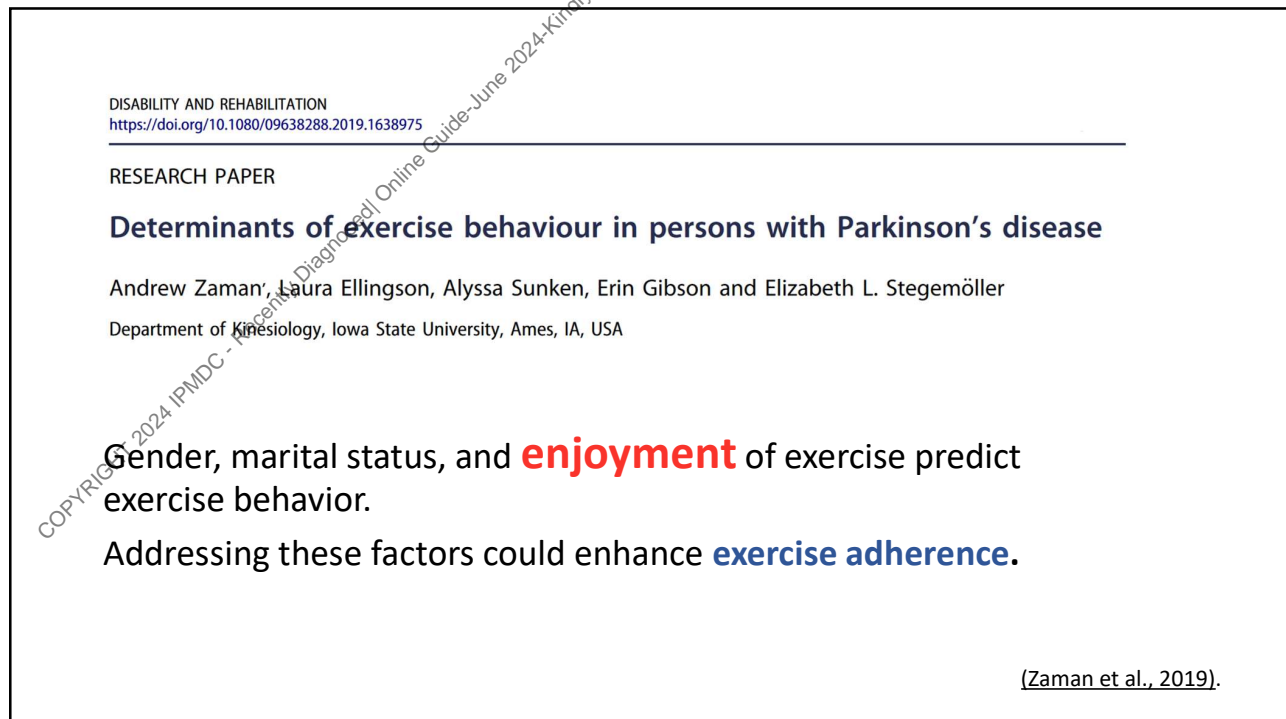


When you start to believe/feel you can't do it (skill level, health status).

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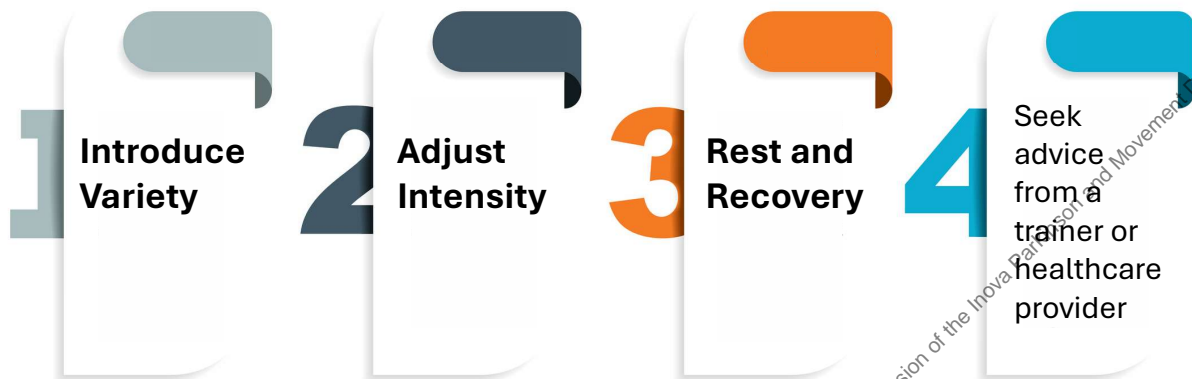


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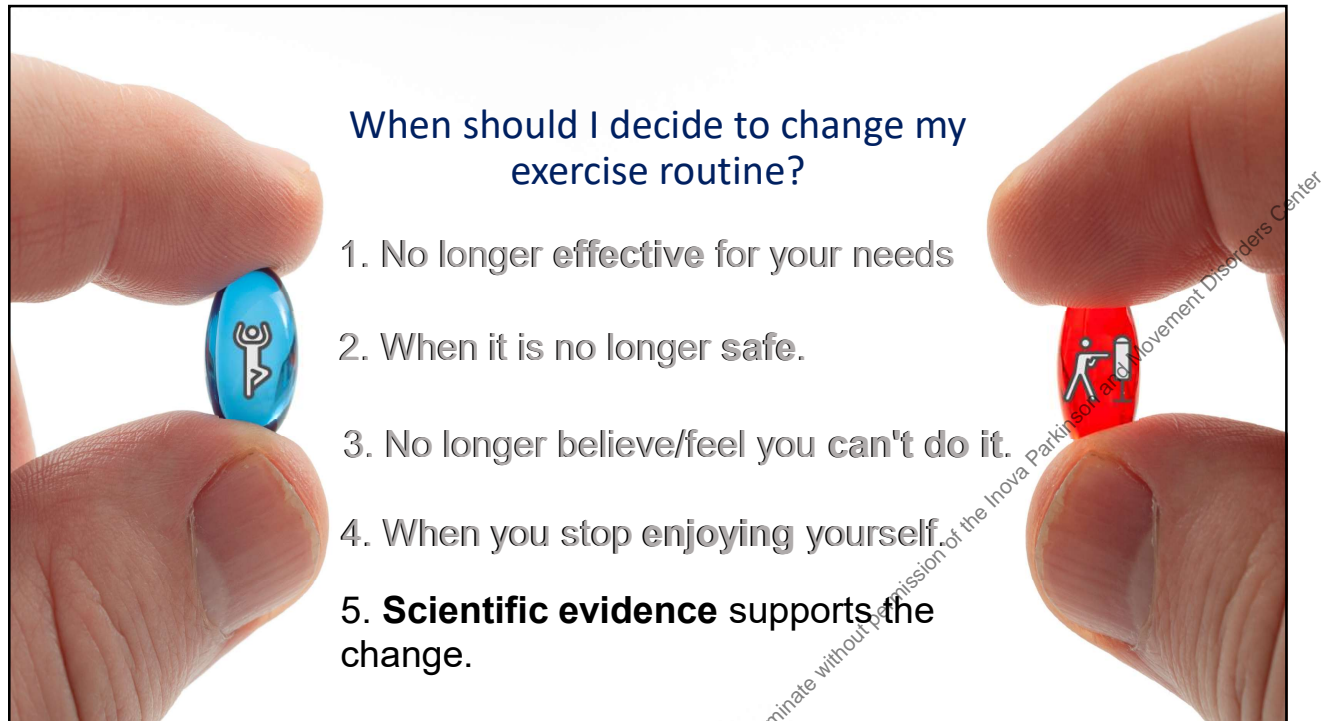
Addressing motivation



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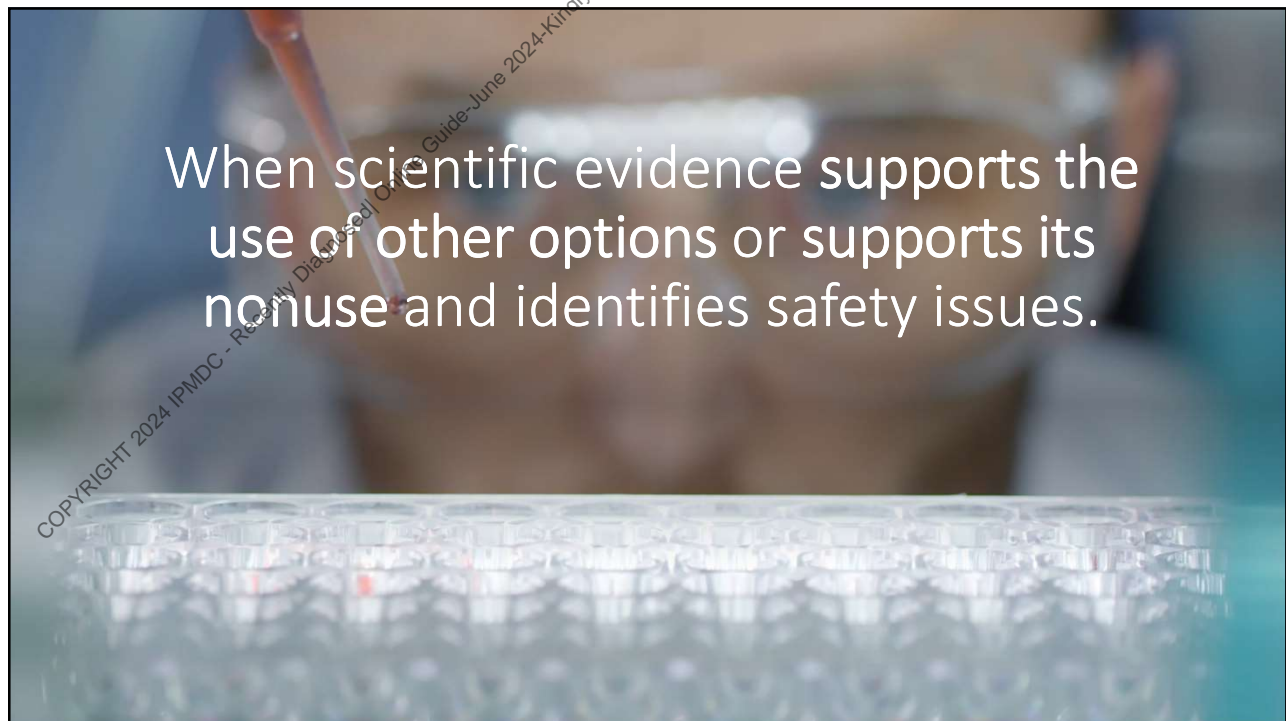


When should I decide to change my exercise routine?

1. No longer effective for your needs
2. When it is no longer safe.
3. No longer believe/feel you can't do it.
4. When you stop enjoying yourself
5. **Scientific evidence** supports the change.

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When scientific evidence supports the use of other options or supports its nonuse and identifies safety issues.

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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?**

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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?



Do I still
enjoy it?

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Josefa Domingos & John Dean

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