

ExerciseRx Parkinson

What is the best exercise to improve **POSTURE** in Parkinson's?



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1. Posture can improve. Exercise makes the difference.
2. Exercises that mimic activities where your posture is usually poor will likely be the best exercises for you.
3. Any exercise done with good posture can also help improve your posture. In the same way, exercises performed with poor posture can reinforce it.



2

TODAY

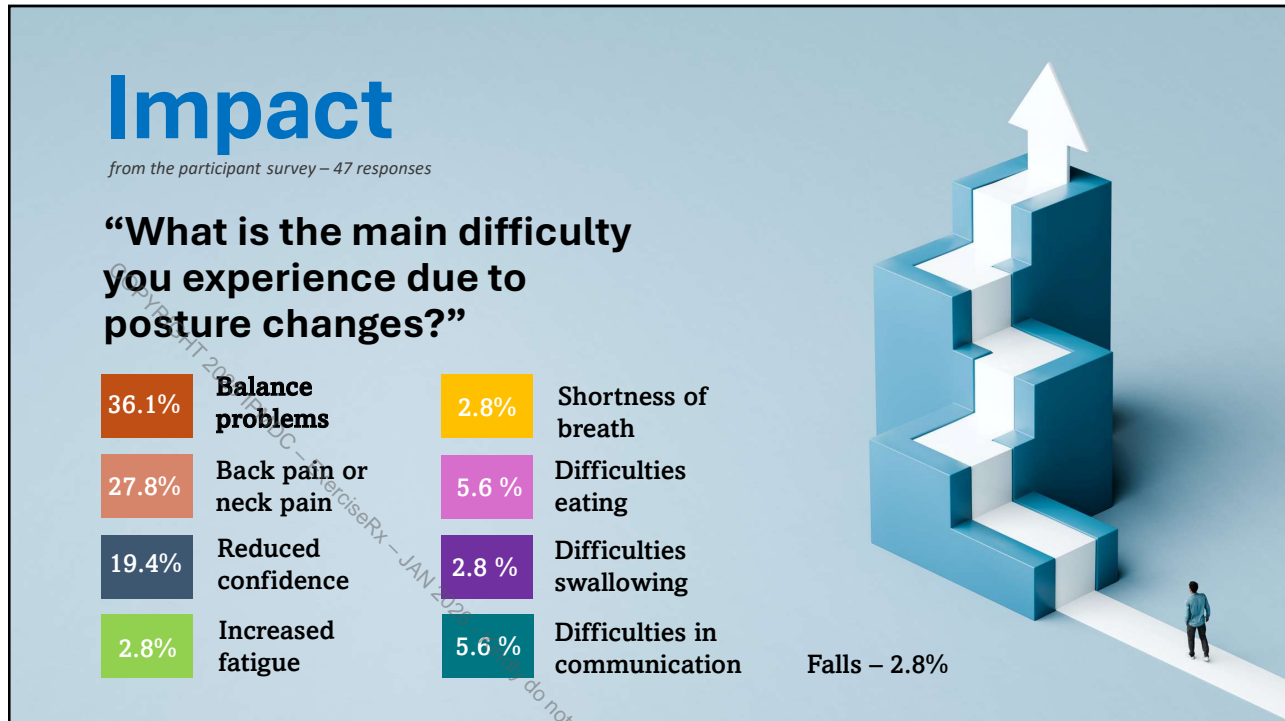


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IMPACT

DAILY FUNCTIONING,
MOTIVATION &
ENGAGEMENT IN
SOCIAL INTERACTIONS

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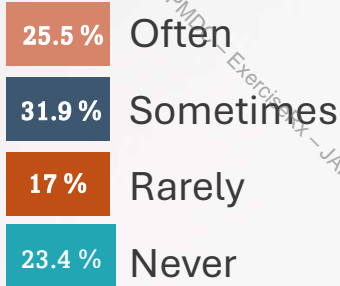
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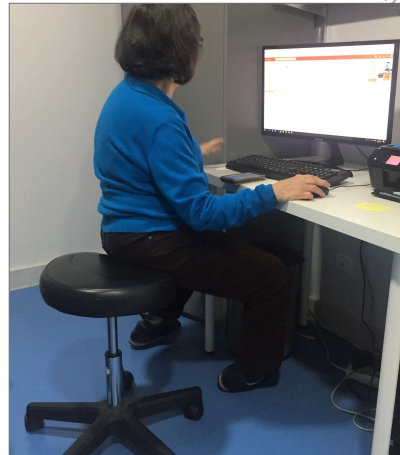
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“Have you been told you are leaning or bent when you feel straight?”

from the participant survey – 47 responses



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Set up the environment for success

8

TODAY



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1.

**Posture can improve.
Exercise makes the
difference.**

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“Do you usually talk about posture difficulties during consultations?”

- 27.7% Yes (regularly & occasionally)
- 40.4% Only when I mentioned it
- 31.9% Never

from the participant survey – 47 responses

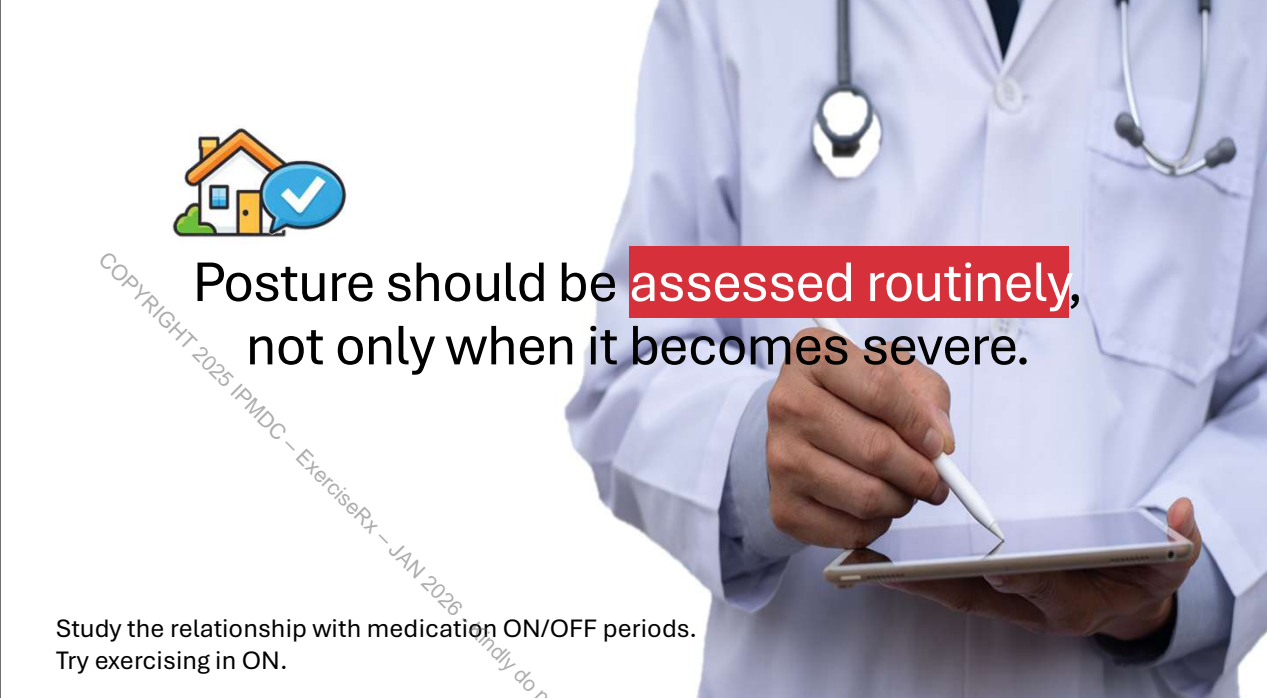
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If you DO NOT usually talk about posture, why?

Reason	Percentage
I think it is part of the disease	39.5 %
I did not know something could be done.	44.7 %
Lack of time	13.2 %
Usually skips my mind	2.6%
Discussed earlier and with PT improved	2.6%
Not his avenue of expertise	2.6%
I should mention it. Next time I will. I have done previously, and the doctor immediately prescribes PT.	2.6%

from the participant survey

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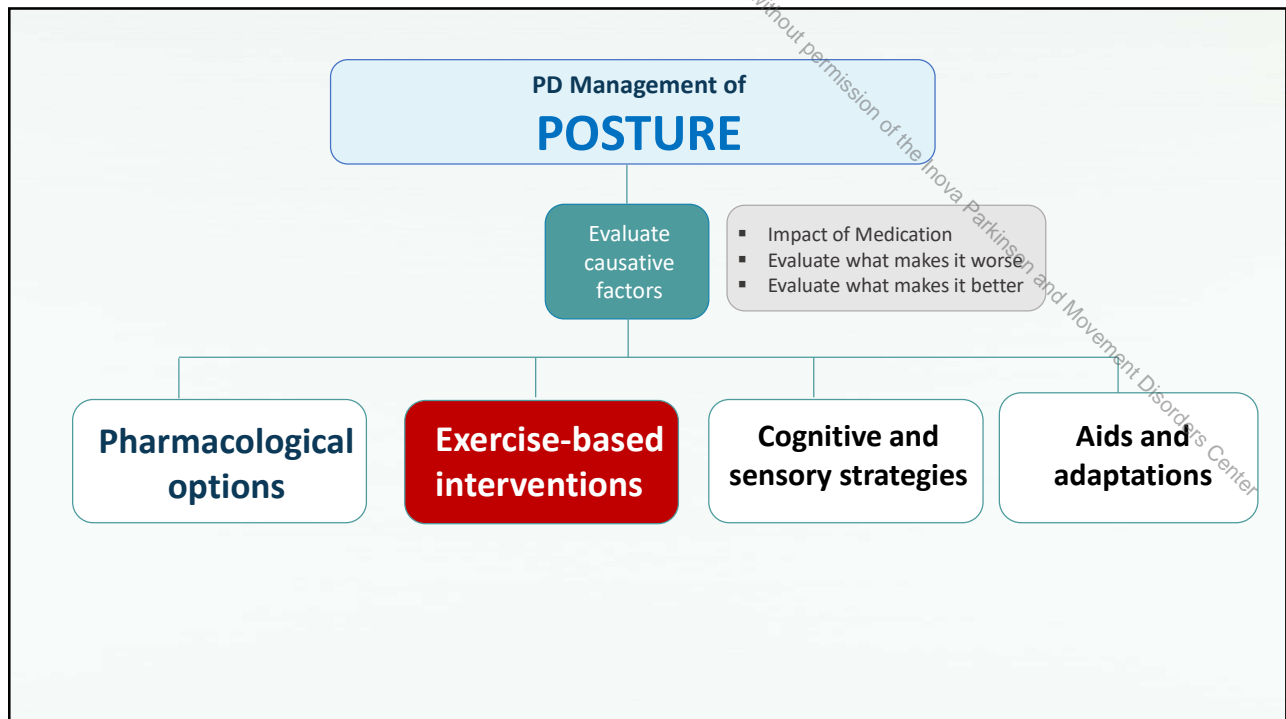


Posture should be **assessed routinely**, not only when it becomes severe.

Study the relationship with medication ON/OFF periods.
Try exercising in ON.

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Research Article

Four-week trunk-specific rehabilitation treatment improves lateral trunk flexion in Parkinson's disease†

Michelangelo Bartolo MD✉, Mariano Serrao MD, PhD, Cristina Tassorelli MD, PhD, Romildo Don MD, Alberto Ranavolo Eng, Francesco Draicchio Eng, Claudio Pacchetti MD ... See all authors ▾

Movement Disorders, Vol. 25, No. 3, 2010

Significant improvements in axial posture and trunk mobility with a 4-week rehab program - individual 90-min daily sessions, 5 days a week for 4 consecutive weeks.

- Cardiovascular warm-up activities (10 min)
- Stretching exercises (15 min)
- Strengthening exercises in a functional context (15 min)
- Overground gait training (20 minutes)
- Balance training (15 min)
- Relaxation exercises (15 min)

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REVIEW

A Holistic Wellness Prescription for Parkinson's Disease: Evidence-Based Perspectives and Unmet Needs

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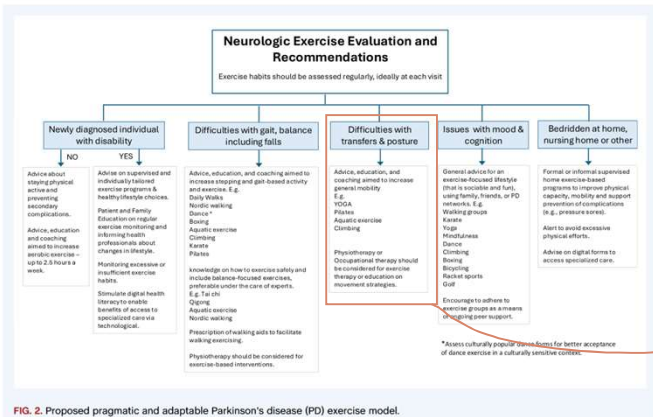



FIG. 2. Proposed pragmatic and adaptable Parkinson's disease (PD) exercise model.

Difficulties with transfers & posture

Advice, education, and coaching aimed to increase general mobility
E.g. YOGA, Pilates, Aquatic exercise, Climbing

Physiotherapy or Occupational therapy should be considered for exercise therapy or education on movement strategies.

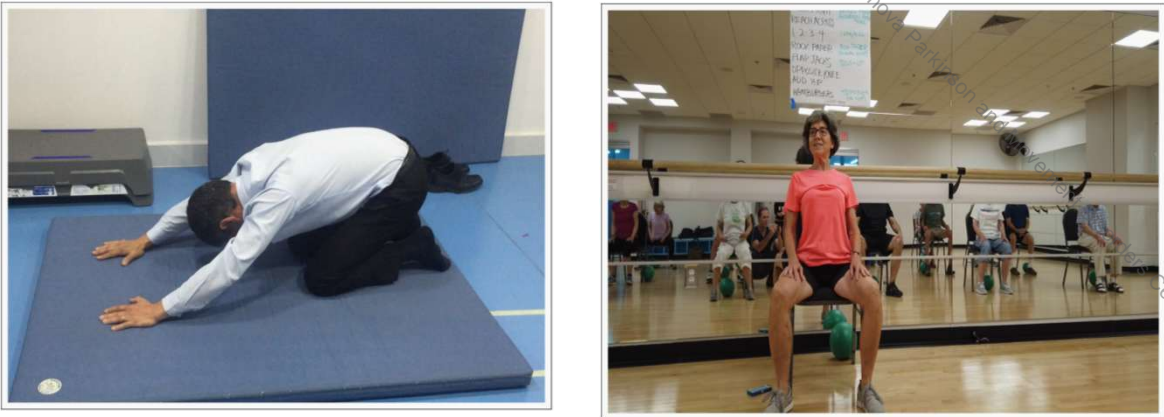
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General **Group Aquatic Exercise** **Specific Aquatic Rehab**

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Amplitude-based Exercises



LSVT BIG, PWR program, Pilates, Yoga ...

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Climbing shown to improve Posture in People with Parkinson's

- Climbing significantly reduced Parkinson's symptoms, particularly **bradykinesia, rigidity, and tremors**.
- The patients who engaged in climbing exercises were **less stooped** after 12 weeks compared to a control group.



Langer, A., et al. (2021). A randomised controlled trial on effectiveness and feasibility of sport climbing in Parkinson's disease. *NPJ Parkinson's Disease*, 7.



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Which of your current exercises have helped you most improve your POSTURE?

Category	Exercises / Responses Reported
Strength & Resistance Training	Trapezius strengthening with back against wall (standing upright); Core, breathing, strength; Core exercises; Deadlifts (stronger lower back and abs); Push-ups; Arm exercises; Back exercises; Pulling stretch band back while standing; Pulling stretch band sideways while standing
Postural Awareness & Habit Formation	Conscious walking, Building a habit of better posture; Awareness and intent have helped me maintain; Remembering shoulders back; Walking
Stretching & Mobility	Stretching; Stretching upper/mid back; Weight pulling on the wall; Big ball rolling with arms; Swimming strokes; Feldenkrais (increased awareness and release of unhealthy tightening)
Classes / Structured Programs	SAIL class (balance, weights, cardio); Exercise classes and walking; PT; Rock steady boxing; Boxing without borders
Walking-Based Activities	Walking; Exercise classes and walking
Rest & Recovery	Rest or sleep
Uncertain / No Perceived Benefit	None; Unsure; Haven't seen improvement; Not sure;

from the participant survey

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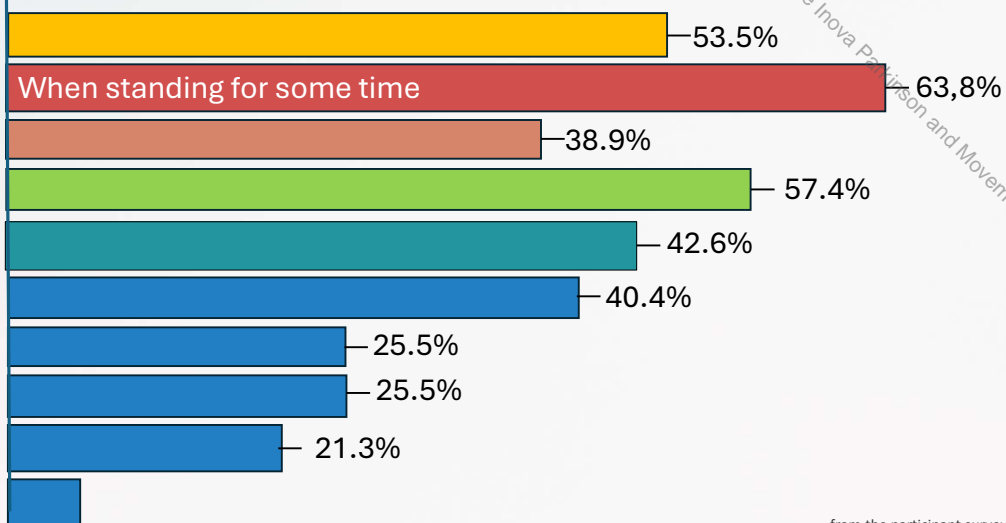
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Exercises that mimic activities where your posture is usually poor will likely be the best exercises for you.

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In which situations do you notice your posture worsening?



from the participant survey - 47 replies

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Standing



Postural compensations impacting balance

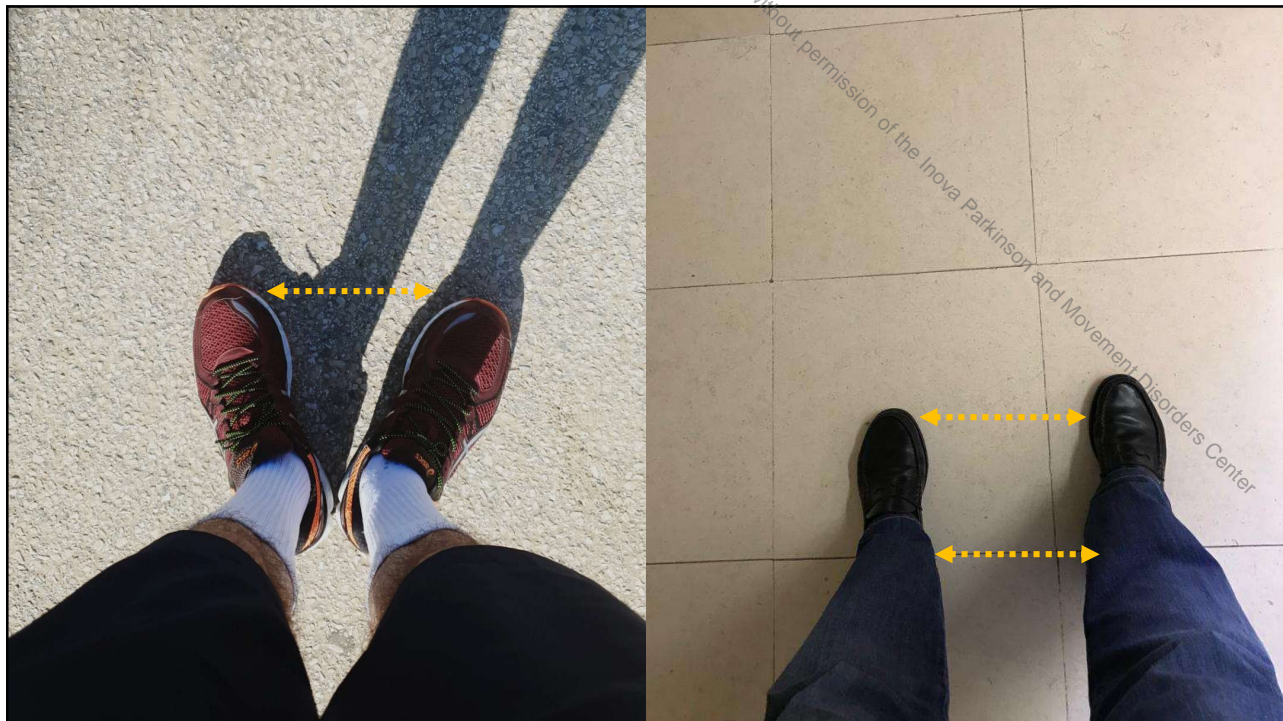


Postural & Movement compensations due to PD asymmetry



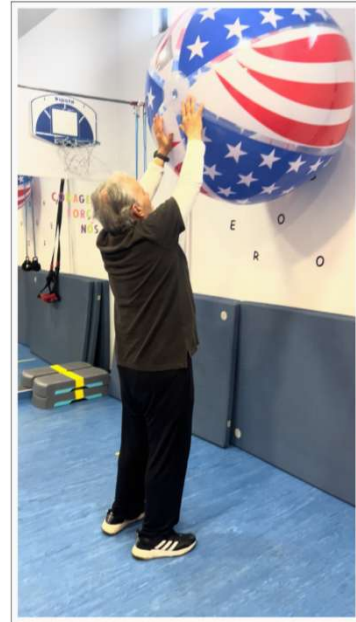
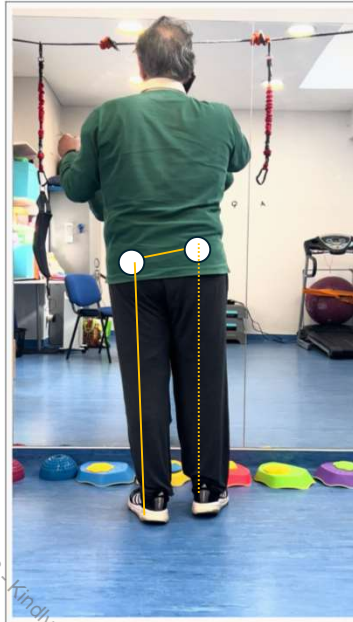
Abnormal postures

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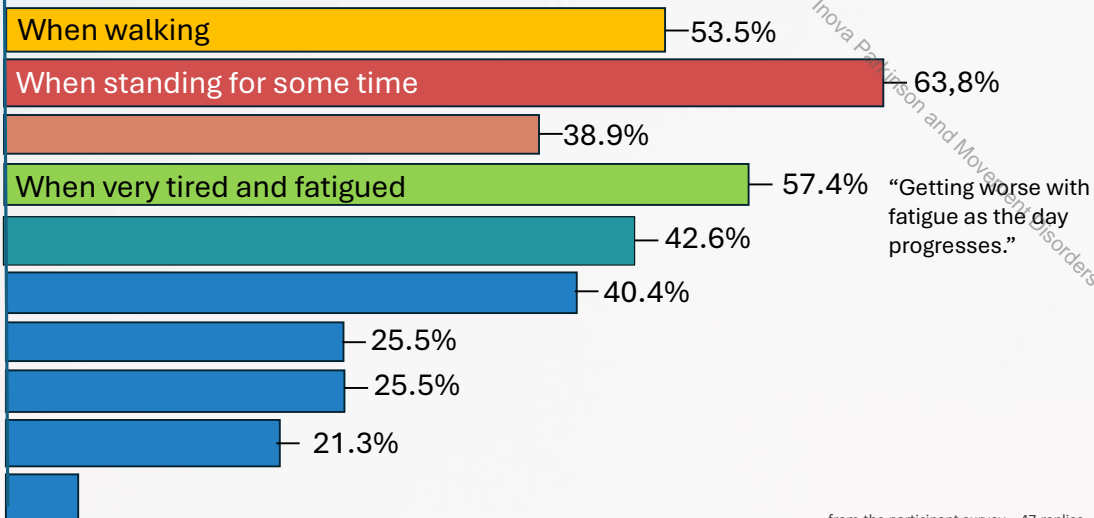
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Do exercises to train tolerance to the standing position, in the best possible position.



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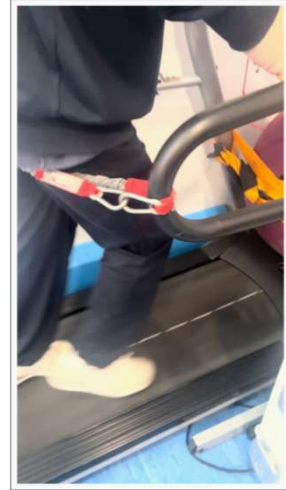
In which situations do you notice your posture worsening?



from the participant survey – 47 replies

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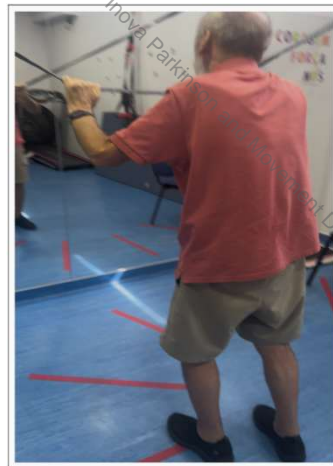
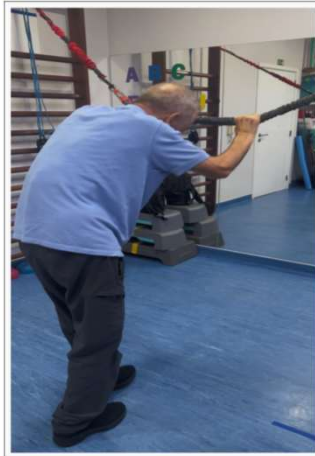
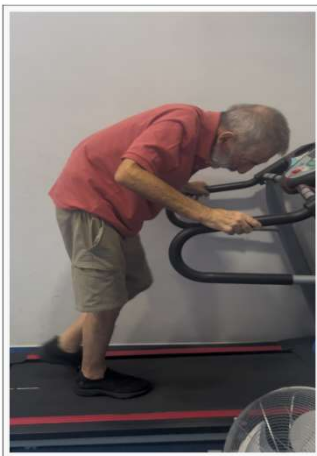
Walking



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Walking in complex situations

Camptocormia

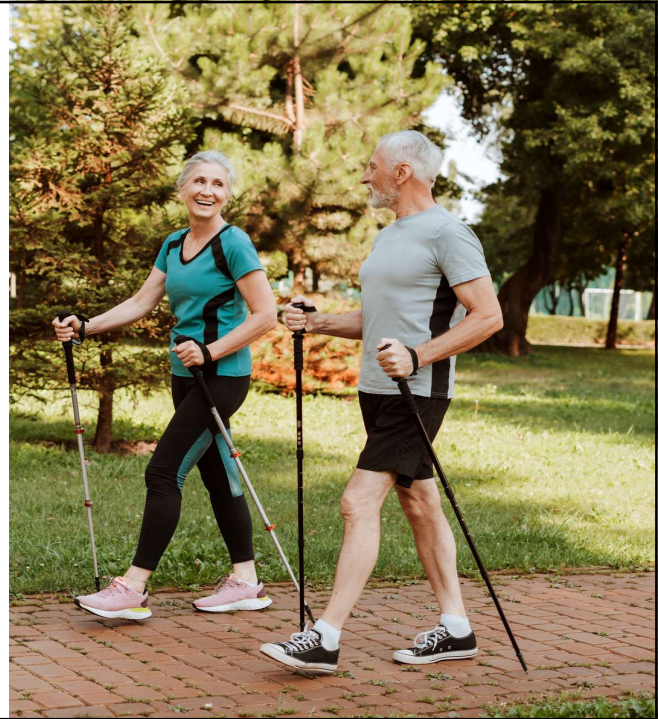


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Pole walking

Helps avoid bad use, overuse, and poor posture during daily activities (incl. standing while talking, walking) and exercise.

Silverberg, D., et al.. (2016). The Effect of Nordic Pole Walking on Chronic Low Back, Hip, and/or Knee Pain on Walking and on Distance Walked.

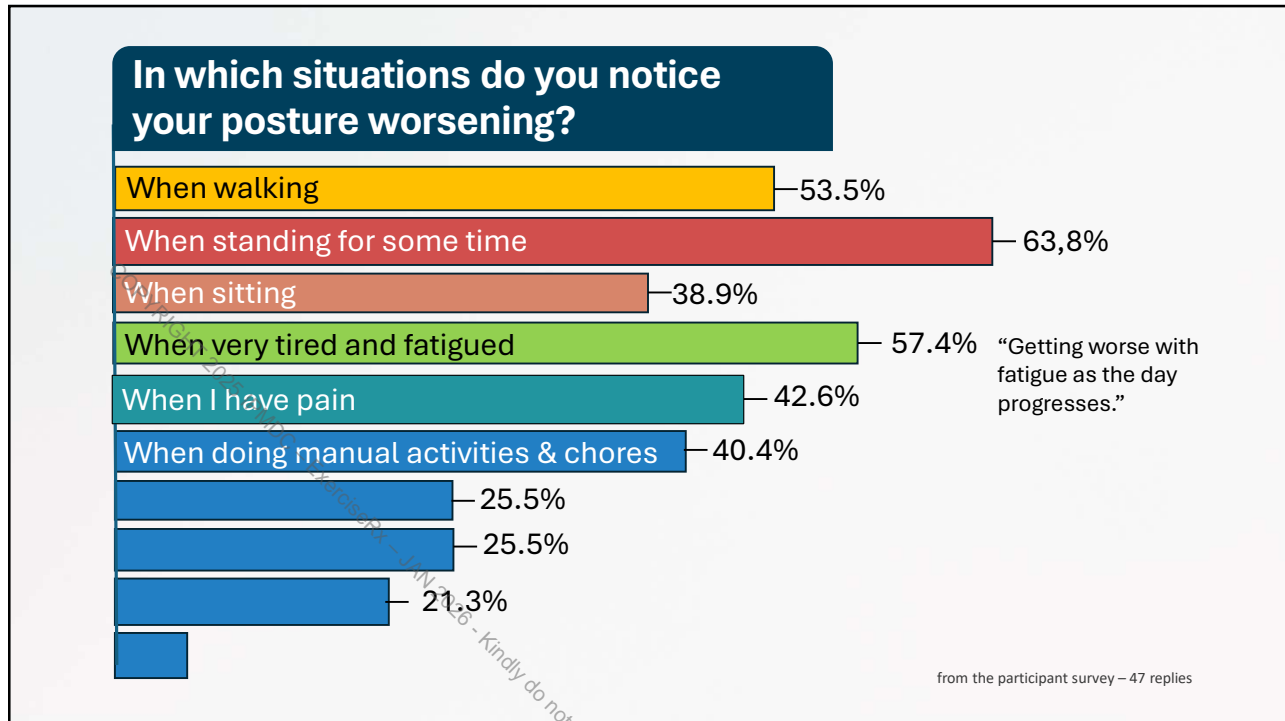


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Multimodal Exercise classes



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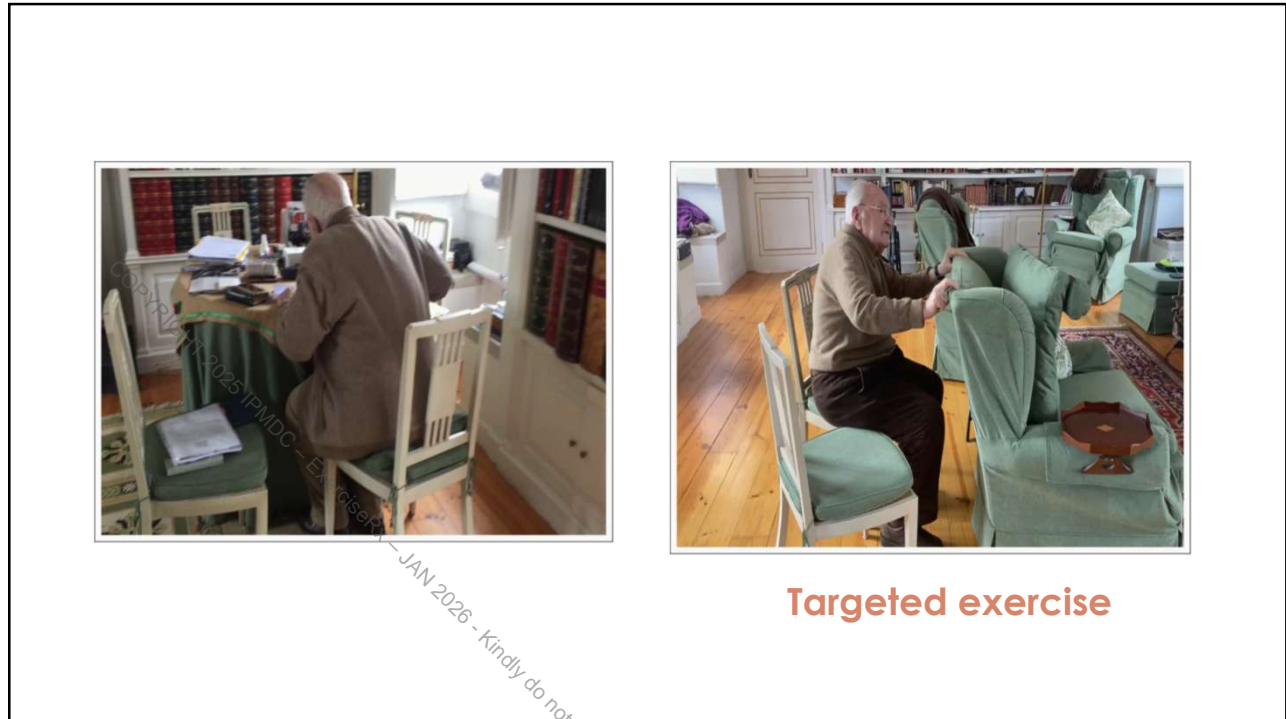
Sitting



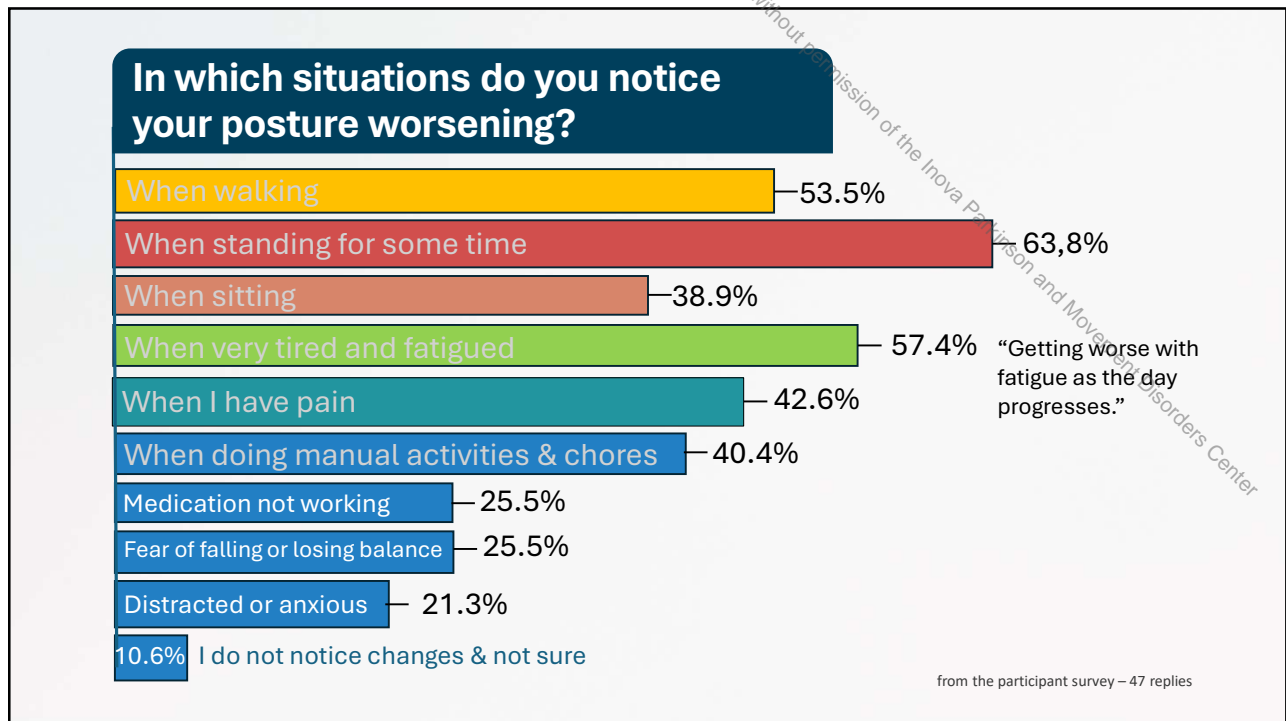



Generic exercise is helpful; targeted exercise is better.

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3.

Any exercise that is done with “good” posture will likely be a good “exercise” that also improves your posture. And vice versa.

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If you exercise with good posture, you train good posture.

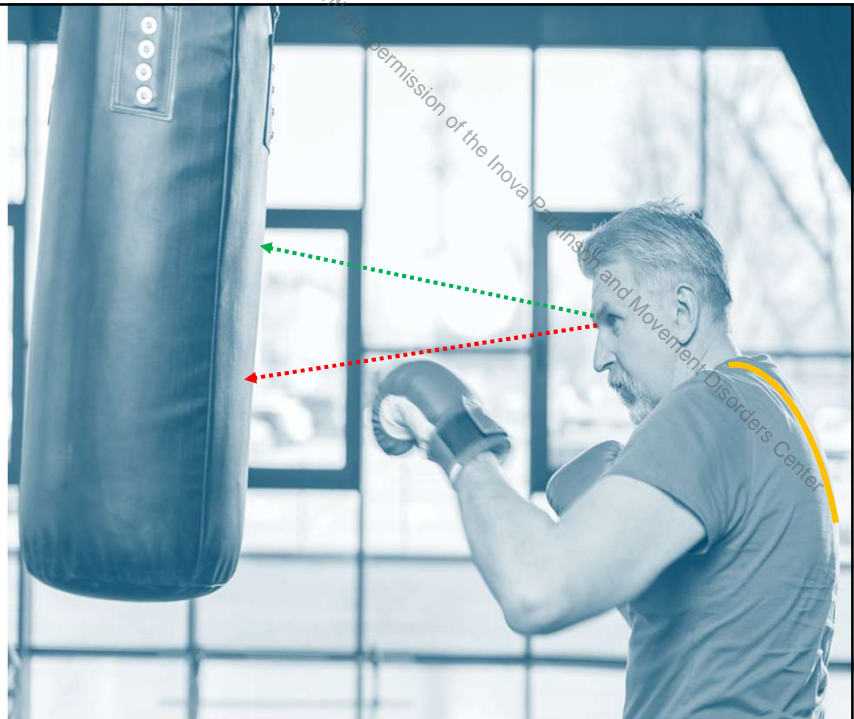
If you exercise with poor posture, you train poor posture.



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“Exercise with my arms, especially the boxing motion, makes my neck and upper back hurt.”

Person from survey



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What about daily activities or hobbies?



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Take-home messages



Prevention is possible.
Integrating posture work into weekly exercise and daily routines.



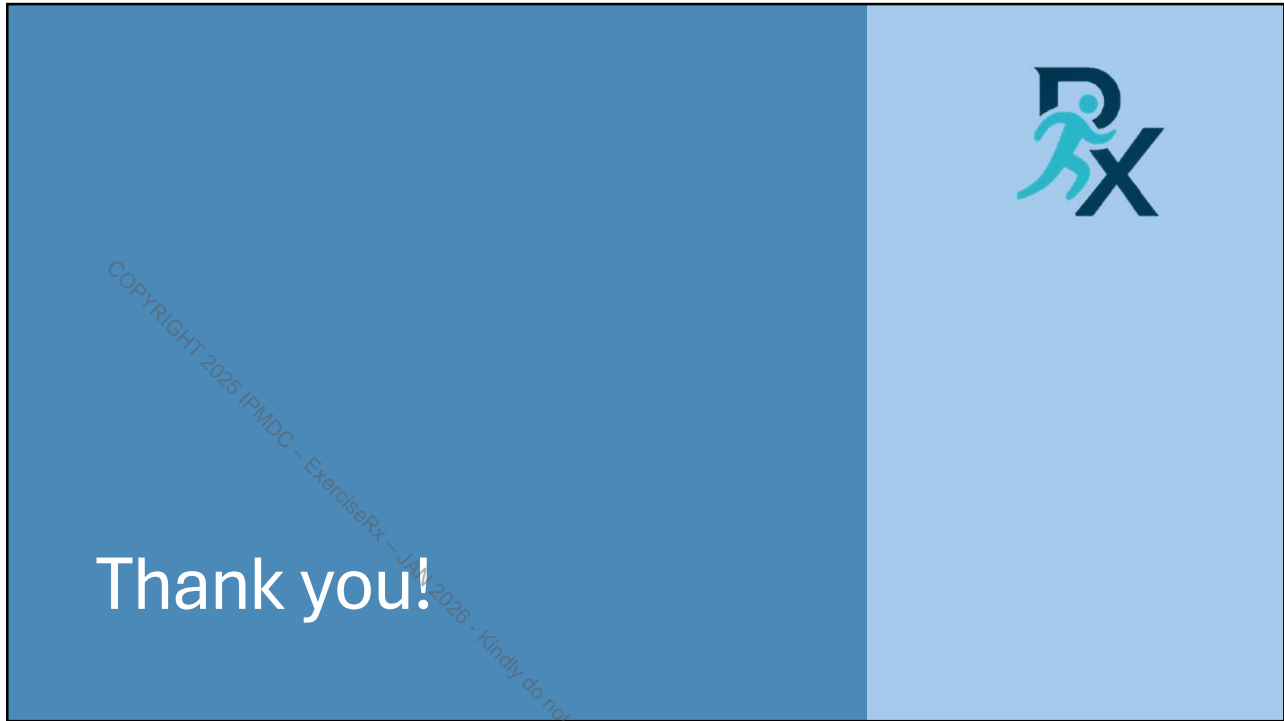
Improvement does not mean complete normalization. Functional gains are possible at all stages. But, if posture **worsens** with an exercise, **reassessment** is needed.



The best exercise is the one that a person can do regularly with **confidence that it's effective for their problem.**

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Thank you!

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