

# Parkinson's and Movement

## Research Results



1. A trend has been recognized in this study that movement with Parkinson's disease reduces the risk of falling (as well as related injuries). Furthermore movement has been proven to improve quality of life of Parkinson's patients.  
(C.P. ASHBURN, A., FAZAKARLEY, L., BALLINGER, C. et al., Great Britain, University of Southampton; *A randomised controlled trial of a home based exercise programme to reduce the risk of falling among people with Parkinson's disease*. Journal of Neurology, Neurosurgery & Psychiatry 2007; 78(7): 678-684)
2. "These findings lead to the expectation that sport [...] stops the loss of mobility, has a positive effect on mental disorders and slows down the development of dementive degradation."  
(C.P. REUTER, I., ENGELHARDT, M. et al., Germany, Universität Münster; *Sport und Parkinson*. Deutsche Zeitschrift für Sportmedizin 2007; 58 (5), 122-130)
3. Results of this study indicate tandem training at increased speed [90-90 rpm] to improve motor functions and functional control. This intervention has been proven to be suitable for treatment of Parkinson's patients.  
(C.P. RIDGEL, A., VITEK, J.L., ALBERTS, J. et al., USA, Cleveland Clinic Ohio; *Forced-exercise improves motor function in Parkinson's disease patients*. Neurorehabilitation and Neural Repair 2009; 23(6): 600-608)
4. These Parkinson's patients have lost their automatism; that is why it is important to achieve movements which are extensive, repetitive, rhythmical and harmonic.  
(C.P. TORRE DOMINGO, C. et al., Spain, University of Madrid; *Parkinson's disease*)
5. "These findings extend the scope of beneficial effects of aerobic exercise beyond cardiovascular health, and they suggest a strong solid biological basis for the benefits of exercise on the brain health of older adults."  
(C.P. COLCOMBE et al., USA, Beckman Institute, University of Illinois; *Aerobic Fitness Reduces Brain Tissue Loss in Aging Humans*. Journal of Gerontology: Medical Sciences 2003; 58A(2): 176-180)
6. Several trials have shown that physical activity has an influence on the cerebral perfusion, the distribution of neurotransmitters and neurotrophic factors [proteins supporting the nerve growth], the development of synapses and even the capillarization of the brain.  
(C.P. HOLLMANN et al., Germany; Deutsche Sporthochschule Köln; *Körperliche Aktivität fördert die Gehirngesundheit und -leistungsfähigkeit – Übersicht und eigene Befunde*. Nervenheilkunde 2003; 9: 467-474)