

World Parkinson’s Disease Day – 11th April

“Sensory-Motor Integration by Functional Training”

Modern medical approach for people with Parkinson’s Disease



Parkinson’s Disease is one of the slow and progressive neurodegenerative disorders commonly observed among the geriatric population, compromising Activity of Daily Livings (ADLs) with motor and non-motor symptoms and

mainly involves functional limitations in bed mobility, walking, bathing, grooming, cooking, climbing, shopping, etc..



Physiotherapy plays a vital role and mainly focus

Elder person with slow psychomotor response, mask-like -face expression, confused, frequently irritated – are we missing out something....?

Stimulation of Sensory Inputs for facilitating Motor Outputs...!!!

on improving functional performance (ADLs) and Quality of Life (QOL). To enhance motor performance, scientific approach includes

stimulation of sensory receptors (e.g. proprioceptors, stretch, Machno.) and its integration with sound, smell, touch, tactile, vision. In last few years from clinical research, vestibular rehabilitation program observes significant functional improvement among Parkinson’s people to extend their happy hours (commonly



2-4 hours after L-dopa). Group therapy with rhythmic trunk rotation and ballistic movements (e.g. slow / Fast rhythmic cross sectional exercise with music / Dance etc...), activities with Eye - hands coordination, gait, balance (e.g. video / virtual games (car racing, Table Tennis, Bad Minton, etc...), paper cutting / folding, painting, playing musical instruments, etc...), graded static / dynamic Bicycle also shows improvements in short term performance and play a key role in maintaining functional independence. In conclusion, physiotherapy helps to delay early complications and prescription of higher dosage of L-dopa. In advantage to people with Parkinson's disease, Parkinson's Disease Support Group (PDSG) is functioning since, 2011 at RK Physiotherapy and Rehabilitation Research Center, Rajkot managed by School for Physiotherapy, RK University with more than 95 members who meets first Saturday of every month. To have free registration @ PDSG and extend support to other parky individuals contact PDSG coordinator Mr. Parmarbhair @ M: 9898632342.

By:

Dr. Priyanshu V. Rathod, PT, PhD

Dean, Faculty of Medicine

Director, School of Physiotherapy, RK University

M: 9426803108, E: priyanshu.rathod@rku.ac.in