

Exercise for Parkinson's Disease

In patients with Parkinson's Disease, exercise results in clinically meaningful improvements in motor symptoms, such as changes seen with medications (4-9 points better on a 108-point scale) compared to control over 1-6 months.¹ It doesn't provide clear improvements in quality of life. Six more patients out of 100 who exercise will avoid one or more falls over 6-12 months compared to control.

In a Radio NZ interview, American John Pepper discussed how he bypassed his movement problems by keeping fit and using conscious leg movements (overriding the faulty basal ganglia). By doing this, he could walk as fast as people without Parkinson's.²

References:

1. [Exercise for Parkinson's Disease: More movement = Better movement?](#)
Tools for Practice #382
2. [Using conscious movement to bypass Parkinson's tremors](#) RNZ Interview (2016)

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Our mailing address is:

Goodfellow Unit

The University of Auckland | Grafton Campus

22-30 Park Ave, Grafton

Auckland, Auck 1023

New Zealand