

Parkinson's exercise framework

Key messages for professionals to give the people they support

	Investing in exercise from diagnosis onwards	Staying active	Managing complex (physical) challenges
Focus	<p>Emerging evidence suggests that increasing exercise to 2.5 hours a week can slow the progression of Parkinson's symptoms, so:</p> <ul style="list-style-type: none"> • seek referral to an informed professional to discuss exercise and its benefits, the individual's physical state and motivation • exposure to an exercise-focused lifestyle (that is sociable and fun), using family, friends or Parkinson's networks, supports regular exercise behaviour • if symptoms are mild, this is the optimal time to improve physical condition to remain well, prevent inactivity and the complications of sedentary behaviour (weight gain, heart disease and metabolic disorders such as diabetes and osteoporosis) 	<p>Keeping moving is important for people with Parkinson's, so:</p> <ul style="list-style-type: none"> • stay as (or more) active than at diagnosis and increase exercise targeting Parkinson's-specific issues such as balance and doing two things at once (dual tasking) • continue to keep the progression of symptoms to a minimum by exercising both the body and the mind (especially for memory, attention, and learning) • use the positive effects of exercise to better manage non-motor symptoms such as mood and sleep 	<p>Movement, ability and motivation change over time, so:</p> <ul style="list-style-type: none"> • pay attention to specific physical functions that focus on daily activities such as getting up out of a chair, turning or walking safely • continue to maintain general fitness for physical wellbeing, finding ways to make sure this is kept up • prevent discomfort related to postural changes
Exercise style (bearing in mind fitness and any barriers to exercise such as travel or fatigue)	<p>Target postural control, balance, large movement (including twisting) and coordination through:</p> <ul style="list-style-type: none"> • moderate and vigorous intensity exercise to get the best performance from the body. Best done 5 x week in 30 minute bouts (can be built over time) • progressive resistance exercise to build muscle strength and power. Best results if done 2 x week • Parkinson's-specific exercise prescribed by health professionals such as dual-tasking and stretching for flexibility. Best results if done 2 x week <p>(Evidence from animal models that vigorous intensity exercise may have neuroprotective effects is in its infancy with humans, so more research is needed.)</p>	<p>Target flexibility (dynamic stretching), plus slower exercise to control postural muscles for balance through:</p> <ul style="list-style-type: none"> • maintaining effortful exercise that pushes people according to their fitness levels • continuing resistance exercises • increasing balance exercises • increasing postural exercises • Parkinson's-specific review by health professionals 	<p>Target better movement through:</p> <ul style="list-style-type: none"> • functional exercise (chair-based with the use of resistance bands) • supervised classes with a professional reviewing safety to perform exercise • home programmes to stay moving, avoid sedentary behaviour, reduce flexed position and the secondary effects of being less mobile

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Examples of exercise styles to focus on

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	<ul style="list-style-type: none"> • Sport: racket sport, cycling, jogging, running and swimming • Leisure centre and other classes: aerobics, vigorous intensity training (such as boot camps with high level balance work), Nordic walking • Home DVDs or high intensity exergaming • Parkinson's-specific exercise such as PD Warrior, boxing training classes, the Parkinson's Wellness Recovery (PWR!) programme, some exercise classes run by the Parkinson's UK network 	<ul style="list-style-type: none"> • Golf, bowling, (paired) dance, health walks, swimming • Flexibility with strength: tai chi, Pilates and yoga • Specific classes for people with Parkinson's such as LSVT BIG and balance and walking classes (run by the Parkinson's UK network) 	<ul style="list-style-type: none"> • Specific classes for people with mobility and balance challenges, especially dance • Pedal exerciser • Resistance band workouts • Supervised balance and mobility challenge tasks • Seated exercise groups (some run by the Parkinson's UK network)



People with Parkinson's can find more information on exercise and managing their symptoms at parkinsons.org.uk/exercise

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