

مستشفى الملك فهد الجامعي King Fahad Hospital The University

What is it Role of Exercise in Parkinson's Disease 💡



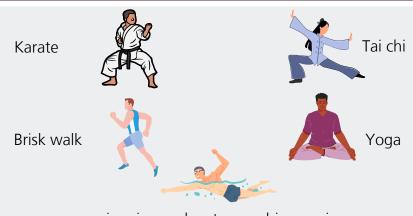
One of the non-pharmacological treatment options for Parkinson's Disease is exercise.

Exercise can improve the quality of life through various benefits.

These benefits include alleviating motor symptoms such as:

- Rigidity and slow movement (bradykinesia.
- Postural stability,
- Gait, balance
- Even non-motor symptoms like cognitive impairment.

The recommended exercise regimen:



swimming and water aerobic exercise

Exercise also plays a role in increasing independence for patient which in turn reduces care givers burnout.

IAU-24-566 Neurology Department Health Awareness Unit