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Poster Presentation

Comparing the Effectiveness of Selected Tai Chi Exercises and Core Stabilization Exercises on Balance and Quality of Life in Parkinson Patients

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Abstract

Parkinson's disease is one of the most common central nervous system damaging diseases which mainly affects the elderly. The variety of disorders and complications associated with the disease puts the patients in so much trouble. Some of these problems include disorder in balance, walking and Decrease in quality of life. The purpose of this study was Comparing the effectiveness of selected tai chi exercises and core stabilization exercises on balance and quality of life in Parkinson patients. In this study, 36 Parkinson patients were purposefully selected and were divided into three groups; Tai Chi, core stabilization exercises and control group. Biodex balance system meter and Quality of Life Ques tionnaire were used to measure the patients' balance and Quality of Life. The two experimental groups underwent Tai Chi and core stabilization exercises for 8 weeks. MANCOVA was used to analyze the results. Statistical results showed that there was a significant difference between balance in the control group with tai chi and core stability groups (P<0/05). There was no significant difference between the two experimental groups (P>0/05). This means that the effect of these exercises in improving balance is equal. Because of Improving Balance and Quality of Life, we recommend tai chi and core stabilization exercises as a complementary treatment alongside medicinal treatments for Parkinson patients.

Keywords: Parkinson›s Disease, Exercise Training, Balance, Quality of Life

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