The 2nd International Neuroinflammation Congress and 2nd Student Festival of Neurosience

Shefa Neuroscience Research Center, Tehran, Iran, 17-19 April, 2018

The Neuroscience Journal of Shefaye Khatam

Volume 6, No. 2, Suppl 1

Poster Presentation

Effect of Aquatic Therapy on Improvement of Patients with Parkinson Disease: A Systematic Review

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Published: *17 April, 2018*

Abstract

Parkinson disease (PD) is a degenerative neurological disorder that affects 0.5- 1% of old people in western countries. It primarily affects mobility function, and associated with increasing disability over time. People with PD express bradykinesia, rigidity, tremor, progressive postural instability and muscle weakness as symptoms of PD. Various exercise programs, including resistance or aerobic training, physical therapy and other complementary therapies have been suggested to address movement deficits in order to improve mobility function and quality of life for individuals with PD in the moderate or early stages. A special aquatic program is able to reduce joint rigidity and limb bradykinesia, decrease pain and improve quality of life. According to the results, aquatic exercise therapy for patients with PD has become a recent focus of attention. Aquatic exercise therapy is an enjoyable, feasible and safe method to improve quality of life in people with Parkinson disease. It seems that we can utilize aquatic exercise therapy for improvement of people with Parkinson disease. The impression mechanism of aquatic exercise therapy is unknown and needs to more research.

Keywords: Parkinson Disease, Aquatic Therapy, Hydrotherapy, Exercise

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