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Exercise prescriptions for Parkinson diseases

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Although detailed, individualized exercise prescriptions have been developed for a wide range of conditions, none have been developed for PD. Unfortunately, numerous cognitive errors have been woven into experimental designs of exercise and PD, including: Overlooking the heterogeneity of PD, leading to the assumption that PD is one disease; a lack of evaluating for PD mimics; the myth that PD is only a movement disorder, with the resulting failure to check for exercise-limiting non-motor dysfunctions (such as cardiac denervation); the belief that what is sound for healthy individuals will also work in a diseased state; the lack of awareness of the dangers of exercise in PD; and a failure to address other factors that influence exercise responses (such as circadian rhythms, medications, diet, sleep, etc.). EPIC-PD (Exercise Prescription, Individualized Care for Parkinson Diseases) overcomes these shortcomings by recognizing and applying cutting-edge research. This translational approach utilizes the evaluation of sensorimotor and autonomic responses to movement as well as through detailed questionnaires of medical and lifestyle factors. Exercise is recognized as the integration of motor and non-motor systems. The consistent application of critical clinical thinking is emphasized to determine when referrals need to be made to other members of the healthcare team, and when exercise should be halted to avoid exercise-induced dysfunctions. In summary, personalized exercise prescriptions and lifestyle management have the potential to maximize quality of life in persons afflicted with PD.

Biography

Ben Weinstock specializes in the rehabilitation of people with neurodegenerative diseases. He is the author of the only book about the prevention of Parkinson Diseases, "*Preventing Parkinson's: How to Cut Your Risk by Strengthening Your Multiple Shields*" (2015). Another innovative approach that he has developed is EPIC-PD (Exercise Prescription, Individualized Care for Parkinson Diseases) which gives physical therapists a unique methodology for developing personalized lifestyle plans for each patient with PD. He also teaches continuing education seminars to undergraduate and post-doctoral physical therapists. He has completed his DPT from University of Montana City and continued his education at University of New York.

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