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The effect of argentine tango training for patient with Parkinson's disease

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Introduction: In this study, subjects were randomly assigned in to two groups of 10 each and one group attended 1-hour sessions per week, completing 20 lessons within 2 weeks of argentine tango training and other group completed kitchen-sink exercises. Balance and gait were evaluated in the weeks immediately before, immediately after, and 2 weeks after the intervention. Both groups significantly improved on the POMA scale. But, however the effect is to be noticed in between the groups.

Methodology: In this experimental study using convenient sample technique with 20 Parkinson's patients over a span of 2 week were studied at Parkinson's disease supportive group at Rajkot.

Results & Discussion: In this study, out of 20 lessons twice a week, at the end of completion pre score and post score was taken in to consideration. The study has shown no significant difference in effect of argentine tango training on patient with Parkinson's diseases. There is a clear need for additional research using larger sample sizes to examine the potential long-term effects of dance for those with PD.

Conclusions: There is no significance difference in the effect of argentine tango training on patient with Parkinson's disease.

Biography

Ankur Parekh is currently working as an Assistant Professor at School of Physiotherapy, RK University. He has 8 years of clinical experience and 4.5 years of academic professional experience. He has completed his Master's in Physiotherapy from Civil Hospital, Ahmedabad. He is the member secretary of "Institutional Ethics Committee" School of Physiotherapy, RK University approved by CDSCO. He is working as a PG Coordinator, Clinical Training Coordinator since last 4.5 years. He is also the member of board of study at School of Physiotherapy, RK University. He guided more than 20 UG projects and 8 PG projects. He has published 2 researches in national journals and 1 in international journal. He is in the panel of NAAC, RKU. He is certified as Pain Assessment and Management Specialist by IASP. He has obtained certificates from various schools of manual therapy, sports taping, advanced neuro rehabilitation, soft tissue manipulation, dry needling etc. He even conducted workshops on sports taping, manual therapy and basic life support.

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