

# INFLUENCE OF KINESITHERAPY ON FUNCTIONAL MOBILITY IN PATIENTS WITH PARKINSON'S DISEASE

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## BACKGROUND

The management of Parkinson's disease (PD) has traditionally centred on drug treatment but even with optimal medical management, patients still experience a deterioration of body function, daily activities, participation and decline in mobility.

## PURPOSE

The aim of the survey is to study the effect of physical therapy (PT) on general physical activity in patients with PD.

## MATERIAL AND METHODS

- Unified Parkinson's disease Rating Scale (UPDRS) - evaluation of motor function
- Unified Parkinson's disease Rating Scale (UPDRS) - evaluation of activities of daily living
- Transfer positions (lying to sitting, sitting to standing)
- 10 meters walking

Four patients with Parkinson's disease (Schwab&England 60%) were studied. They participated in 25 PT sessions including exercises to improve mobility of the spine. exercises for coordination and locomotion and were on standard medical treatment.

## RESULTS

After PT treatment it was found improved gait, which is expressed by the increased speed of walking, improved the changes of body positions and the daily motor activity of the patients. All the patients improved their motor abilities according UPDRS.

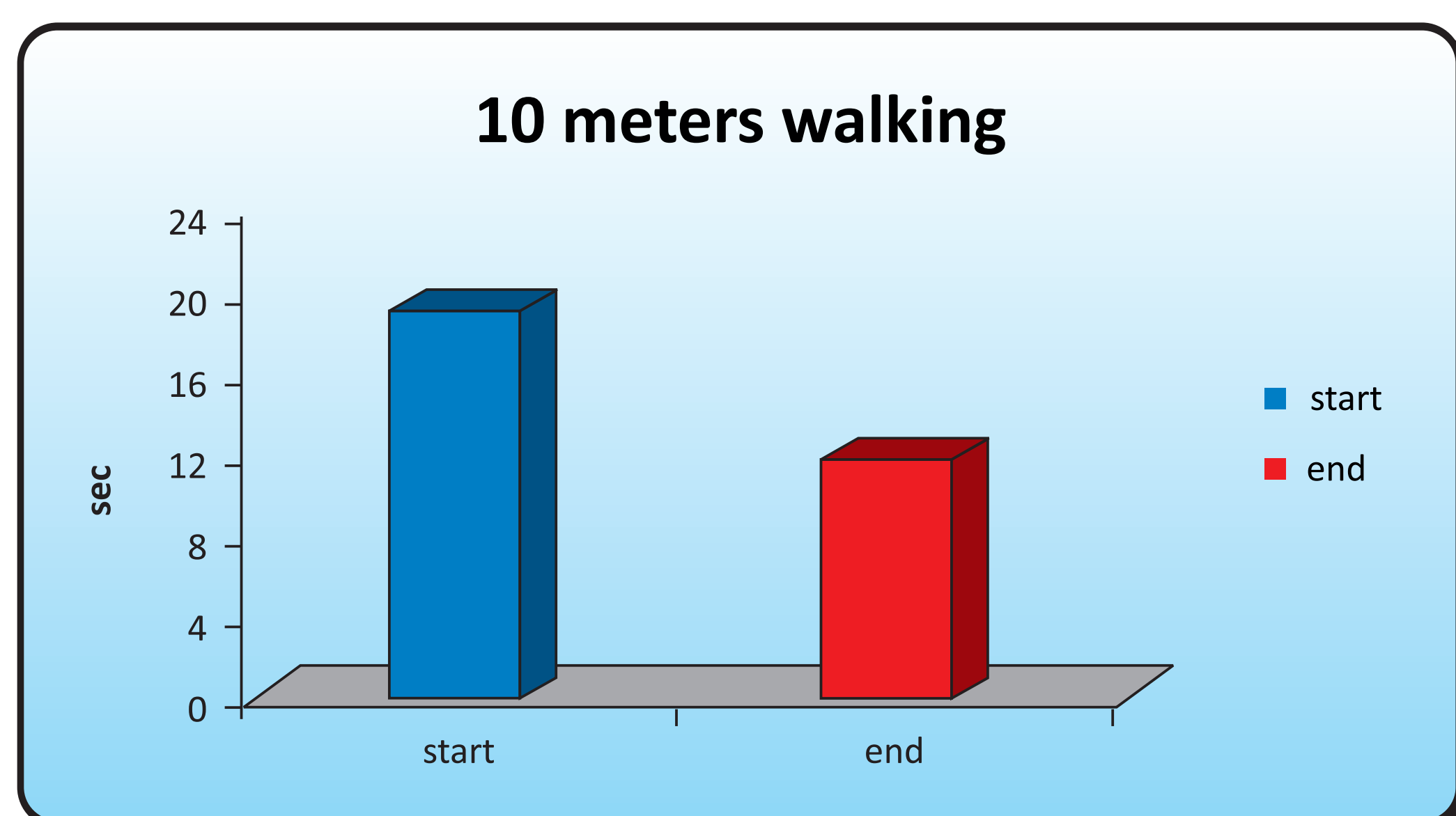


Fig. 1. Changes in the mean values of 10 meters walking (sec) before and after physical therapy

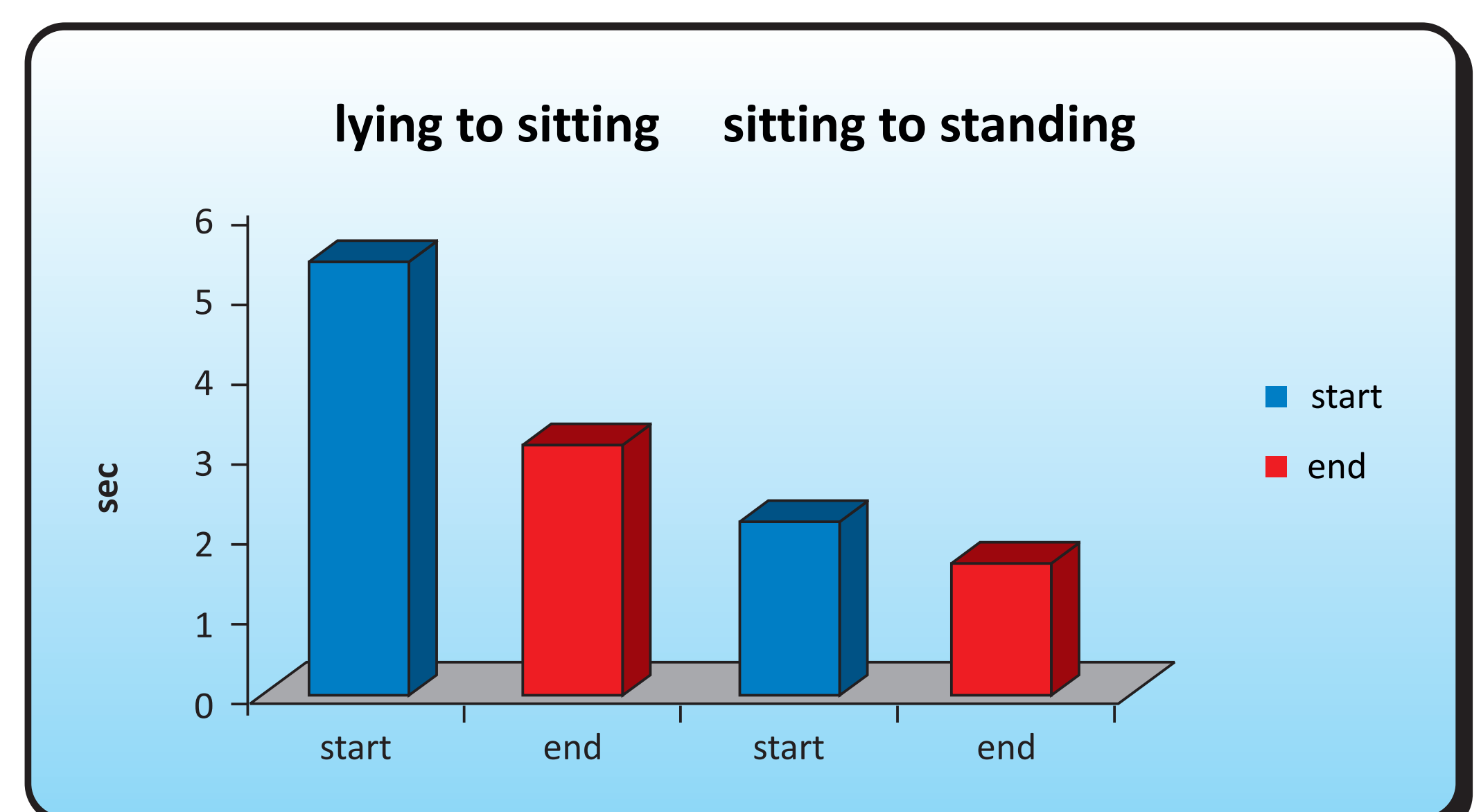


Fig. 2. Changes in the mean values of transfer positions (sec) before and after physical therapy

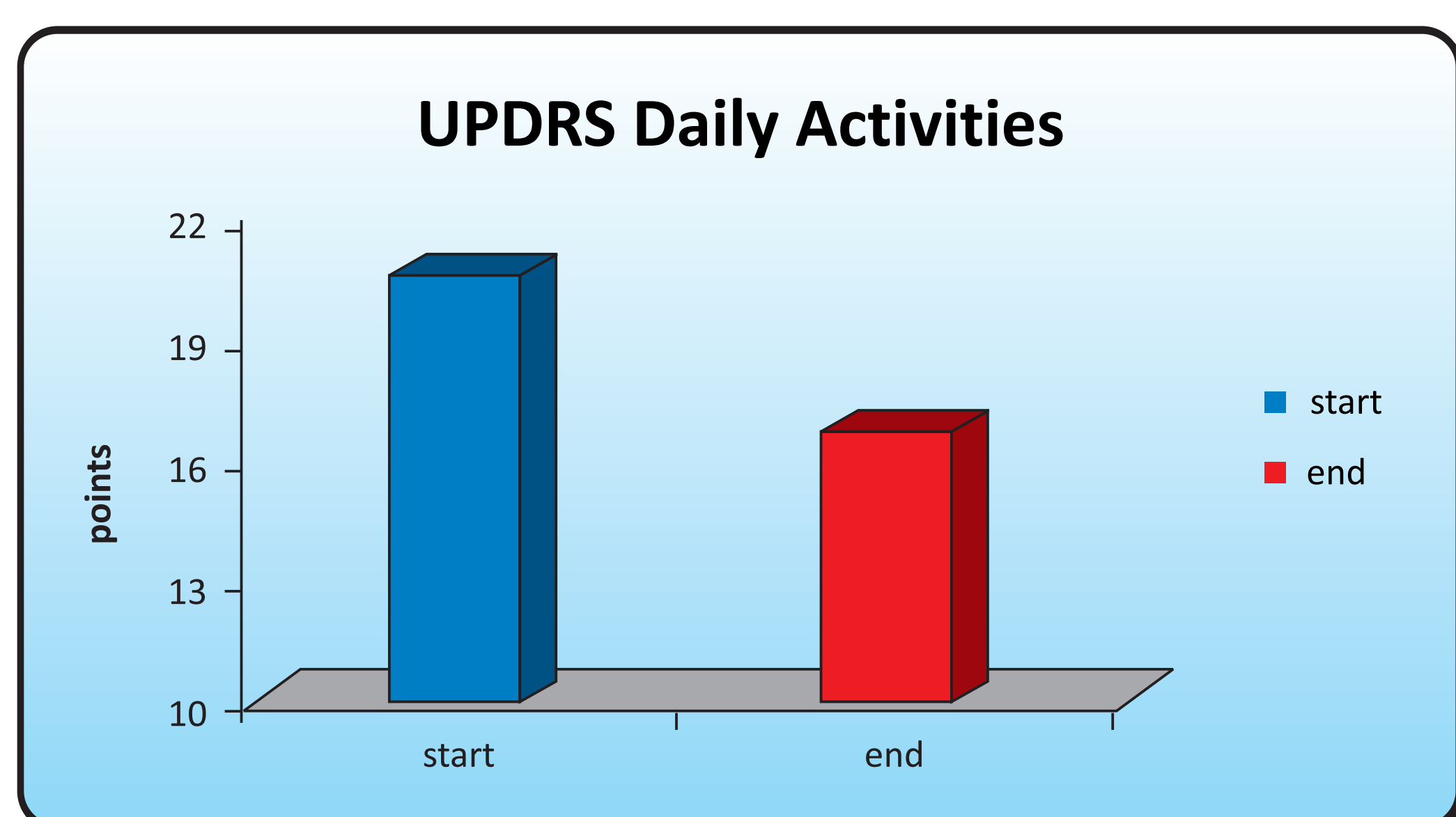


Fig. 3. Changes in the mean values of UPDRS motor abilities (points) before and after physical therapy

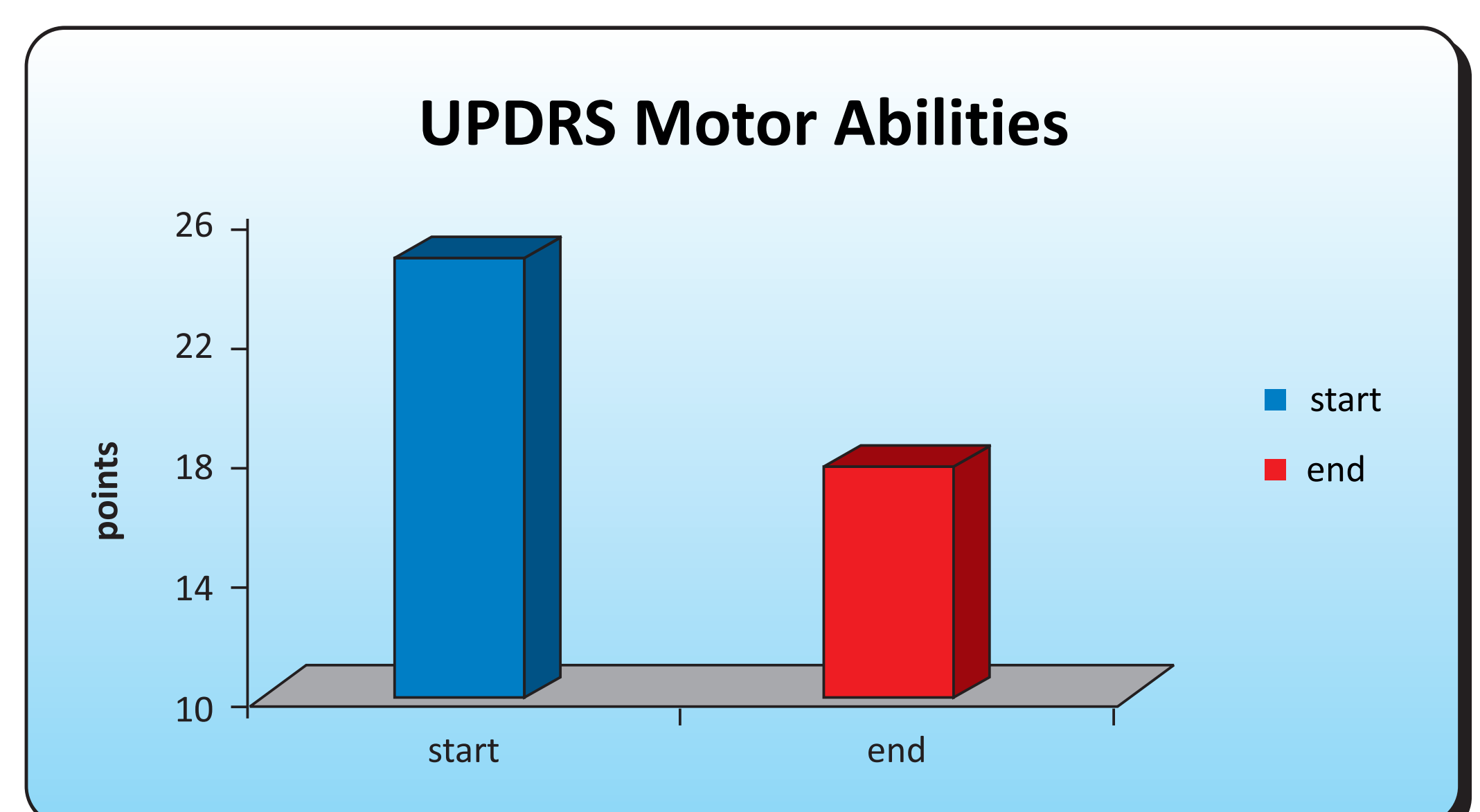


Fig. 4. Changes in the mean values of UPDRS daily activities (points) before and after physical therapy

## CONCLUSION

Physical therapy improves general physical activity in the patients with Parkinson's disease.