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Efficacy of rehabilitation program in addition to pharmacological treatment during 8 months in Parkinson patients

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ABSTRACT

Objective: To compare 8-month effects of medical treatment plus rehabilitation on UPDRS scores of parkinsonian patients with that of medical treatment without rehabilitation. **Design:** Longitudinal randomized study. **Participants:** 27 parkinsonian patients (69.50 ± 10.34 years). We divided our patient into two groups: control group (n = 9, received only medication therapy) and experimental group (n = 18, received physical therapy and medication therapy). **Intervention:** The 8-month exercise interventions were twice-weekly 90-min sessions in group. **UPDRS scales were measured before and after the interventions. Results:** Two-factor ANOVA analyses revealed a significant main effect from rehabilitation (p < 0.01) on UPDRS motor, ADL, and total, but not on UPDRS mental (p > 0.05). Post-hoc analysis shows that UPDRS motor increased in control group (+37%) meanwhile decreased in experimental group (-17%). UPDRS ADL increased significantly more in control group (+26%) than experimental group (+5%). UPDRS total increased in control group (+33%) meanwhile decreased in experimental group (-11%). **Conclusions:** The results of the study suggest that exercise interventions should be a necessary ongoing adjunct to parkinson's disease medication.

KEYWORDS

Parkinson; Rehabilitation; UPDRS

Cite this paper

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