

Parkinson's Disease & Movement Disorders Center

Exercise

Most people are aware that exercise is important for improving strength and cardiovascular health, but it may also have unique properties that make exercise essential to the management of Parkinson's disease (PD).

PD is caused by the degeneration of dopamine-producing cells in a particular area of the brain called the substantia nigra –the area of the brain responsible for making connections that facilitate movement. While scientists have not yet discovered a way to regenerate these lost cells, we do know that the rest of the brain retains the ability to learn and to make new connections throughout life; this is termed “neuroplasticity”. Exercise has been shown to promote the release of dopamine (the chemical which is deficient in PD) as well as brain growth factors; these chemicals may facilitate neuroplasticity, and make movements more automatic through the formation of new connections.

Specific benefits of exercise on the body and mind are worth mentioning. While flexibility and balance tend to decline with age, these problems are exaggerated in PD. Simply stated, improving strength and flexibility through exercise reduces fall risk and is vital for reducing hospitalization and improving quality of life. Studies show that regular exercise can reduce fatigue, improve mood (through the release of natural endorphins), enhance immune function, improve sleep, and possibly even improve cognition. Physical activity is integral in improving non-motor function.

What type of physical activity should I do? There are two important points to remember: 1) ANY activity is likely to be better than no activity at all. 2) If you can find an activity that you enjoy, you are more likely to keep doing it.

Studies have shown that strength and resistance training, aerobic exercise, dancing, physical therapy, Tai Chi, Yoga and even certain interactive video games, can be beneficial forms of physical activity in PD.

Functional Exercises: In order to maintain or improve your functional abilities, you can practice activities that you find are getting more difficult. For example, you can practice standing up from a chair 10 times, or rolling from side to side in a bed.

PD Specific Exercise Programs can be found at:

- Shirley Ryan Adaptive Sports & Fitness Program 312-238-5001
- NM Osher Center Integrative Medicine at ocim.nm.org

The information contained within this guide is meant to promote the general understanding of exercise options. Such information is not to be a substitute for professional medical, therapeutic, or healthcare advice or counseling. Reference or links in this guide to any other business or entity's information, opinions, advice, programs, services, or products do not constitute our endorsement or recommendation. We are not responsible for the contents of any off-site web pages, companies or persons linked or referenced in this guide.

We recommend that you consult with your physician before beginning any exercise program. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in any exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself.

1:1 Training and Group Classes

Movement Revolution

Locations in Deerfield, Chicago (Downtown, Edgewater, Lincoln Park, Frankfort, and New Berlin, WI)

Phone: 312-465-3921

Website: www.movement-revolution.com

E-mail: info@movement-revolution.com

Services include: 1:1 training (in-person and virtual), Rock Steady Boxing, Spin for Parkinson's, In-Home training, and group classes

**services offered vary by location*

Nice Guy Training

Phone: 847-502-0630

Website: www.niceguytraining.com

E-mail: niceguytraining@ameritech.net

Services include: 1:1 training (in-person and virtual), and virtual group classes

Shirley Ryan AbilityLab Fitness Center

541 N Fairbanks Mezzanine Level

Chicago, IL 60611

Phone: 312-238-5001

Website: www.sralab.org/adaptive-sports-fitness-membership

Services include: 45 minute virtual appointments to members, as well as a variety of recreational or competitive sports opportunities

Lake Forest Health and Fitness Center

1200 N. Westmoreland Road, Lake Forest

Phone: 847-535-7060

Website: www.lakeforesthfc.com/services/medical-fitness/parkinsons

Services include: Personal training, group classes (Rock Steady Boxing, Pedal for Parkinson's, Strength and Balance, and many more)

Hubbard Street Dance Chicago

1658 Milwaukee Ave #100-15838

Chicago, IL 60647

Phone: 312-850-9744

Email: info@hubbardstreetdance.com

Website: www.hubbardstreetdance.com/programs-classes/parkinsons-project

Rock Steady Boxing Chicago

Locations in Glen Ellyn and Elgin

Phone: 630-740-0404

Email: rocksteadyboxingchicago@gmail.com

Website: www.rsbchicago.com

Virtual Exercise Programs (membership required)

- Total Health Works (free 14 day trial): www.totalhealthworks.com
- PD Warrior: www.pdwarrior.com/10wc-online
- Rogue Virtual Wellness: www.roguept.com/group
- Daily Dose PD (free 30 day trial): www.dailydosepd.com
- Silver Sneakers On Demand: www.silversneakers.com/learn/ondemand
- Coaching with Sarah King, PT, DPT: www.invigoratept.com

Live Virtual Classes

Northwestern Chair Yoga For Parkinson's

Date: 2nd, 3rd, 4th (and 5th) Tuesday of every month

Time: 2 PM – 3 PM

Cost: Free

To join: go to www.zoom.us, click "Join a Meeting" and enter Meeting ID: 827 7971 3113 on the dates and time listed above

Movement Revolution Rock Steady/Neuro Fight Club

Date: Tuesdays & Thursdays

Time: 12 PM – 12:45 PM (class opens at 11:45 with a discussion group to follow)

Cost: \$105/month for all access virtual classes

To join: call 312-465-3921 or e-mail: info@movement-revolution.com

Movement Revolution Essentials Class: Strength, Balance, and Core

Date: Saturdays

Time: 9:15 AM – 9:45 AM

Cost: \$105/month for all access virtual classes;

To join: call 312-465-3921 or e-mail: info@movement-revolution.com

Nice Guy Training

Date: Every Monday, Wednesday, and Friday

Time: 1 – 2 PM

Cost: \$30/week

To join: call 847-502-0630 or e-mail niceguytraining@ameritech.net

Dance for PD

Date: 5 days/week

Time: varies based on class

Cost: Free

To join: go to www.danceforparkinsons.org to find more information

The Parkinson's Dance Class

Date/Time: Thursdays at 1pm until 2pm

Cost: Free

To join: e-mail Susanne Carter at carterproductions@sbcglobal.net

GO! Tango PD

Date/Time: Mondays at 11 AM and Tuesday at 10 AM

Cost: Free

To join: sign up at www.gotangopd.org/classes.html

Exercise Videos

Meditation and Yoga:

- Ten Percent Meditations: www.tenpercent.com/coronavirussanityguide
- Northwest Parkinson's Foundation Yoga: www.nwpf.brand.live/yoga
- Brain Grant Foundation Yoga and Pilates: www.youtube.com/watch?v=__DXQr9SGy0

Speech

- Parkinson's Home Speech Therapy Workout: www.youtube.com/watch?v=Dy2I7qLXhyA

Dance

- Dance for PD at Home: www.danceforparkinsons.org/resources/dance-at-home
- Hubbard Street Dance: www.hubbardstreetdance.com/programs-classes/parkinsons-project

Exercise at Home:

- Parkinson's Foundation PD Health @ Home Fitness Fridays: www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/PD-Health-at-Home/Fitness-Fridays
- PD Integrated Workout: www.sralab.org/articles/blog/parkinsons-disease-neurologic-rehabilitation/home-workout-parkinsons-integrated
- At Home Workout: PWR!Moves Exercises: www.sralab.org/articles/blog/parkinsons-disease-neurologic-rehabilitation/home-workout-pwrmoves-exercises
- At Home Workout: Boxing: www.sralab.org/articles/blog/home-workout-boxing
- Adaptive Sports & Fitness Workout: www.sralab.org/article/adaptive-sports-and-fitness-program/workout
- At Home Workout: Upper Body Strength with Dumbbells: www.sralab.org/articles/blog/home-workout-upper-body-strength-dumbbells
- At Home Workout: Parkinson's Amplitude-Based Training: www.sralab.org/articles/blog/home-workout-parkinsons-amplitude-based-training
- At Home Workout: Flex-ability Stretching Class: www.sralab.org/articles/blog/home-workout-flex-ability-stretching-class
- Movement Revolution: www.movement-revolution.com/revolutionhome2-2-4-3
- Brian Grant Exercise Videos: www.briangrant.org/exercise-videos
- GO! Tango PD Balance: www.youtube.com/watch?v=7wRJ4f0j6Yw&feature=youtu.be
- PD Seated Exercise: www.youtube.com/watch?v=KNWqyKluZgg
- PD Balance Skills and Drills: www.youtube.com/watch?v=09eH35bR6tQ
- Power for Parkinson's Videos: www.youtube.com/channel/UC9QTes9SMZKbSzDS-nvhr3g/videos
- PD on the Move Exercise Library: www.pdonthemove.com/start/exercise
- Parkinson Wellness Recovery Exercises: www.youtube.com/user/exercise4brainchange/videos
- NeuroFit BC: www.youtube.com/playlist?list=PLBVZu9QCiuRZJ_AEDqaUVgFmwsZzp3XSA
- Urban Poling: www.urbanpoling.com/getting-started/
- PWR!Moves Poles: www.youtube.com/watch?v=rR4wlWZThf8
- Nordic Pole Walking Technique: www.youtube.com/watch?v=fJY6_DLJ2Kg