HEALTH BULLETIN

It's summer! Let's do physical exercise!

PARKINSON QUÉBEC

It's summer! It's nice and warm. This may make most of us want to go outside and enjoy the good weather. Why not combine business with pleasure and enjoy exercise? As we know, exercise preserves mobility and independence while also reducing the functional impact of Parkinson's disease. In addition, studies suggest that exercise may slow the progression of the disease in animals. However, the case remains. People with Parkinson's disease spend 30% less energy on average than healthy people. This has a negative impact on the course of the disease and causes an increase in motor symptoms and a decrease in daily activities in general. This situation must be remedied to and summer is a good excuse for new challenges.

It should be noted that cardiovascular, muscular, flexibility and sensorimotor exercises are the four elements of an exercise program that can improve or maintain a good physical condition.

Cardiovascular exercises aim to improve the combined efficiency of the heart, lungs and arterial and venous systems to carry oxygen to the muscles when performing sustained physical activity.

Usefulness in everyday life: Climbing stairs, washing floors, shoveling, mowing grass, traveling, hiking, etc.

Muscle exercises are designed to improve strength (ability to lift a relatively heavy load) and muscular endurance (ability to lift a load repeatedly).

Usefulness in everyday life: Carrying groceries, moving heavy objects or furniture, getting up from a chair, getting up off the ground after a fall, climbing stairs, etc.

Flexibility exercises are designed to improve the ability of one or more muscles to stretch and reach the full range of motion in a joint.

Usefulness in everyday life: Carrying groceries, moving heavy objects or furniture, getting up from a chair, getting up off the ground after a fall, climbing stairs, etc.

Sensorimotor exercises are designed to improve muscle coordination during any movement, such as balance, locomotion, reach and manually grabbing objects, etc.

Usefulness in everyday life: buttoning your shirt, brushing your teeth, beating eggs, playing a musical instrument, dancing, swimming, moving around, driving your car, etc.

Here are some examples of exercises that work well during the summer season. Please note that these suggestions represent only a small proportion of all the possibilities available to you.

- Regular walking or Nordic walking

Walking is a great form of exercise for people with Parkinson's disease. It allows you to :

- Stay in shape
- Delay complications such as stiffness
- Improve muscle flexibility
- Improve endurance
- Improve posture
- Improves Cardiovascular
- Improves coordination
- Improves step length (Nordic)

-Dance

- Improves balance
- Improves gait
- Improves facial expressions

-Cycling

- Increases motor functions
- Facilitates walking
- Decreases tremors

-Golf

- Tones the extensor muscles

-Tai-chi

- Improves balance
- Improves flexibility
- Promotes coordination

-Yoga

- Improves strength
- Improves flexibility
- Improves range of motion
- May be demanding for some people

It is recommended that a health professional or a physical activity specialist assess your condition before starting an exercise program. They will establish a personalized program that respects your condition, goals and concerns and teach you the proper techniques. Also, find out about existing exercise groups in your area that are supported by Parkinson Québec, your CLSC or your community. Finally, be aware that a physical exercise program is not a substitute for medication. It is, however, very complementary. For more information on this topic, please visit the exercise section of our website: http://parkinsonquebec.ca/centre-info-parkinson/exercice-physique/

Parkinson Québec wishes you all an active summer!

Sources :

1- Guide info-parkinson : *Vivre au quotidien avec la maladie de Parkinson,* Éditions Le Broquet, 2016
2- *Exercise: Is it a neuroprotective and if so, how does it work?* Parkinsonism and Related Disorder, (2014) S123–S127
3- *Protective Effects of Physical Exercise in Alzheimer's Disease and Parkinson's Disease: A Narrative Review*, J Clin Neurol 2015;11(3):212-219