

## Resistance Chair Guideline for Parkinson's Disease Rehabilitation

### General Information

Parkinson's disease is a chronic and often progressive neurological movement disorder involving a resting tremor, rigidity in muscles, slowing of movements, walking difficulty, and postural instability. The management of Parkinson's disease includes exercise therapy, nutrition evaluation, education, medication, and a variety of support services. The Resistance Chair general conditioning and aerobic program provides a home tool for regular exercise, and is especially useful in chronic diseases such as Parkinson's. Although there is no evidence that exercise can slow the progression of this disease, it has been shown to help alleviate the effects of stiffness, enhance overall function, and improve quality of life (1).

### Resistance Chair Recommendations

Parkinson's disease can put people at risk for falls, impair their balance, and increase the chance of injury using any exercise equipment. The Resistance Chair provides a wide range of exercises that can be performed from a seated position, which is generally preferable for people with Parkinson's Disease. Supervision during aerobic and exercise programs by a trained individual may be required to reduce the risk of injury or falls in those with Parkinson's Disease.

### References

1. Olanow, CW, Watts, RL, Koller, WC. An algorithm for the management of Parkinson's disease: treatment guidelines. *Neurology* 2001; 56: S1.

General disclaimer: Consult your physician before using exercise equipment or starting an exercise program. Please read the complete disclaimer before using any Active Aging equipment or products.

General Precautions: Stop exercise if you experience pain and consult your physician before resuming the Resistance Chair exercise program.