

PD Exercise Newsletter

Greater Charleston Parkinson's Disease Support Group

Volume 2, Issue 6

October 2019

PWR to the Y!

We are hopeful that the new year will see the introduction of the PWR! (Parkinson's Wellness Recovery) exercise program at the new YMCA in Cane Bay, Summerville. If you are a Parky and have any interest in having a local, proven exercise class exclusively for YOU, please stop by the YMCA and let them know YOU CAN'T WAIT to get started.

New this month

- **Rock Steady Boxing Summerville postponed**
- **PD Exercise Research Updates**

Rock Steady Boxing in Summerville—Postponed

I regret to report that the expected arrival of Rock Steady Boxing in Summerville has been delayed indefinitely. The site negotiations did not work out and an alternative gym location has not yet been found.

Editorial Policy

Our goals are:

- 1) To make known to the Greater Charleston Parkinson's Disease community the exercise programs available which are conducted either specifically for us (and our care partners) or by individuals with experience in helping PD patients;
- 2) To provide links and stories related to exercise for PWP, including recent medical research;
- 3) To encourage all PD patients, regardless of disease severity, to improve their quality of life through exercise.

This publication is not "advertising" and accepts no payments from those providers cited here. The contents are presented as a public service.

If you are a provider and would like to be recognized, please contact Jay Phillips at jayphillips@homesc.com. For reasons of time and space, we will not publicize generalized exercise (e.g., seniors) classes.

All spelling, grammar, and punctuation errors, typos, misquotes, inaccuracies, misrepresentations and any other boos of any kind are entirely my fault and corrections will be made in future editions, if notified. Jay

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WEEKLY GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balance & Stretch Mount Pleasant Senior Center 9—9:50 am	Gentle Yoga Bees Landing Recreation Center 9 am	Balance & Stretch Mount Pleasant Senior Center 9—9:50 am	Gentle Yoga Bees Landing Recreation Center 9 am	Balance & Stretch Mount Pleasant Senior Center 9—9:50 am
Zumba Gold Bees Landing Recreation Center 9:30 –10:15 am	Chair Yoga Mount Pleasant Senior Center 10—10:50 am	Zumba Gold Bees Landing Recreation Center 9:30 –10:15 am	Chair Yoga Mount Pleasant Senior Center 10—10:50 am	Zumba Gold Bees Landing Recreation Center 9:30 –10:15 am
	Rock Steady Boxing All levels MUSC Wellness Center 10—11 am			Rock Steady Boxing All levels MUSC Wellness Center 10—11 am
Rock Steady Boxing Crossfit Discovery Daniel Island 10:30—11:45 am	Zumba® Chair Mount Pleasant Senior Center 11—11:50 am	Rock Steady Boxing Crossfit Discovery Daniel Island 10:30—11:45 am	Zumba® Chair Mount Pleasant Senior Center 11—11:50	Rock Steady Boxing Crossfit Discovery Daniel Island 10:30—11:45 am
Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon	Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am— Noon		Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon	Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon
	Rock Steady Boxing All levels MUSC Wellness Center 11 - 12:15 pm			Rock Steady Boxing All levels MUSC Wellness Center 11 - 12:15 pm
Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	Gold Chair Mount Pleasant Senior Center 1—1:50 pm	Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	
Gentle Yoga Mount Pleasant Senior Center 1—1:50 pm		Gentle Yoga Mount Pleasant Senior Center 1—1:50 pm		
Rock Steady Boxing All levels MUSC Wellness Center 5—6:15 pm		Rock Steady Boxing All levels MUSC Wellness Center 5—6:15 pm		

Classes specifically for PD patients and/or care partners are highlighted!



WEEKLY GROUP EXERCISE SCHEDULE—Low Country & Waring Senior Centers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Tai Chi <i>Lowcountry Senior Center James Island</i> 9—9:45 am	
Tai Chi <i>Waring Senior Center West Ashley</i> 10—10:45 am			Chair Yoga <i>Lowcountry Senior Center James Island</i> 10—10:50 am	Living Well with an Ongoing Health Condition <i>Waring Senior Center West Ashley</i> 10 am—Noon (starts 10/18)
Sit & Fit <i>Lowcountry Senior Center James Island</i> 11 am—Noon	Sit & Fit <i>Lowcountry Senior Center James Island</i> 11 am—Noon	Sit & Fit <i>Lowcountry Senior Center James Island</i> 11 am—Noon	Sit & Fit <i>Lowcountry Senior Center James Island</i> 11 am—Noon	Sit & Fit <i>Lowcountry Senior Center James Island</i> 11 am—Noon
			Stretch & Flex <i>Lowcountry Senior Center James Island</i> 11 am—Noon	
	Zumba® Gold <i>Lowcountry Senior Center James Island</i> 12:10—12:50 pm		Zumba® Gold <i>Lowcountry Senior Center James Island</i> 12:10—12:50 pm	
	Sit & Fit <i>Waring Senior Center West Ashley</i> 12:45—1:45 pm	Chair Yoga <i>Waring Senior Center West Ashley</i> 12:30—1:30 pm	Sit & Fit <i>Waring Senior Center West Ashley</i> 12:45—1:45 pm	Sit & Fit <i>Waring Senior Center West Ashley</i> 12:45—1:45 pm
Move for Parkinson's <i>Waring Senior Center West Ashley</i> 2:30 —3:30 pm	Chair Yoga <i>Lowcountry Senior Center James Island</i> 2:15—3:15 pm	Move for Parkinson's <i>Lowcountry Senior Center James Island</i> 2:30—3:30 pm		

Classes specifically for PD patients and/or care partners are highlighted!



Provider Contact Information

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Crossfit Discovery (Rock Steady Boxing) danielisland@rsbaffiliate.com or 843-813-6343
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Grit Box Fitness (Rock Steady Boxing) gritboxfitness@gmail.com or 843-789-0385
website: <http://www.gritboxfitness.com/fightingback/>

Lowcountry Senior Center James Island 843-990-5555
website: www.lowcountryseniorcenter.org

Mount Pleasant Senior Services Center 843-856-2166
website: www.MtPleasantRec.com/SeniorCenter

MUSC Wellness Center (Rock Steady Boxing) musc@rsbaffiliate.com or Alicia at 843-792-1494

Waring Senior Center West Ashley 843-402-1990
website: www.waringseniorcenter.com

Research Updates: PD & Exercise

Tai Chi for Older Adults

The most recent issue of the **Journal of Geriatric Physical Therapy** includes an article on ***Balance and Functional Outcomes for Older Community-Dwelling Adults Who Practice Tai Chi and Those Who Do Not***. The study concludes that: "Tai Chi participants improved in nearly all measures, whereas controls did not. Tai Chi participants experienced significant improvement in the TUG [Timed Up and Go –a sit-to-stand-to-walk and then return test all PWP have been through] test" and also noted "significant knee extension strength improvement." You don't have to live in a retirement community to participate in Tai Chi classes in our area. This program is offered at very low cost at both the Low Country and Waring Senior Centers—see schedule on page 3 of this Newsletter.

View the abstract of this article at https://journals.lww.com/jgpt/Abstract/2019/10000/Balance_and_Functional_Outcomes_for_Older.2.aspx

Research Updates: PD & Exercise (continued)

Aerobic Exercise and Mild Parkinson's

An article published on-line in **Neurology Today** on October 7 reviews a study first reported in **The Lancet Neurology** on September 11.

The researchers in the Netherlands, who believe the randomized clinical trial “is one of the largest high-quality aerobic exercise studies in Parkinson’s disease,” found that PWP cycling on a stationary home trainer for 30-45 minutes three times weekly “had an average MDS-UPDRS motor score improvement of 1.3 points compared with 5.6 points in the control group.”

The trial included 130 subjects aged 30-75 years with mild PD. The control group did stretching, flexibility and relaxation exercises for 30 minutes three times weekly. The six-month study was particularly interesting as it was conducted at home, with an initial visit from the coach and then remote (on-line) visits every two weeks. The average number of sessions completed was 54 for the aerobic exercise cohort and 60 for the control group and 10 patients in each group failed to complete the study.

A link to the Neurology Today article is here: <https://journals.lww.com/neurotodayonline/blog/breakingnews/pages/post.aspx?PostID=874> and the abstract of the original Lancet article is here: [https://www.thelancet.com/journals/laneur/article/PIIS1474-4422\(19\)30285-6/fulltext](https://www.thelancet.com/journals/laneur/article/PIIS1474-4422(19)30285-6/fulltext)

Neurogenic Orthostatic Hypotension

Many Parkinson’s patients suffer from Neurogenic Orthostatic Hypotension (NOH), which is symptomized by very low blood pressure upon standing and may include extreme dizziness, fainting, falling, and/or loss of balance. This can make exercising risky, especially where changing from a sitting or reclined position to standing is part of your routine. Yet exercise is as important to Parkys with NOH as to those who do not live with that symptom.

A recent article on the Davis Phinney foundation website provides some very useful “Tips for Exercising with NOH. See the article at <https://www.davisphinneyfoundation.org/blog/exercising-safely-with-parkinsons-noh/>

LSVT ® Certified Clinicians have attended a two-day LSVT Training and Certification Workshop and have passed requirements of the LSVT workshop. For more information on the Lee Silverman movement and speech therapy programs designed exclusively for Parkinson's Disease patients, please visit the LSVT website at www.lsvtglobal.com

LSVT-LOUD Certified Providers

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(continued)

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IN THIS CORNER, HOPE. FIGHTING BACK AGAINST PARKINSON'S

Rock Steady Boxing is an exercise program designed to improve the mobility, balance and strength of people fighting Parkinson's disease.

The program consists of:

- No-Contact Boxing
- Stretching
- Balance and Mobility Training
- Strength Training
- Overall motor recruitment
- Hand-eye coordination and mental focus exercises
- Specialized cardiovascular training
- Many other scientifically proven exercises to help patients with Parkinson's
- Lots of FUN!

Rock Steady Boxing is a team environment. Teamwork and leadership emerge giving members regained confidence and an opportunity for socialization.

MUSC Wellness Center welcomes people of all fitness and functional levels to join us — whether you are still able to jump rope or function best with a walker, come laugh, sweat and fight back with us!



The MUSC Wellness Center has nine certified Rock Steady Boxing coaches. MUSC is excited to be Fighting Back Against Parkinson's!

Call TODAY

to find out more about this critical program

Alicia 843-792-1494

Classes Schedule:

Tuesday and Friday / 10:00-11:00am

11:00am-12:15pm

Monday and Thursday / 5:00pm - 6:15pm

www.musc.edu/hsc



Wellness Center