

Physiotherapy Forum

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Forum Contents:

- Exercise and Falls in PD
- RESCUE project results and resources
- PDS Professional Pack – Physiotherapy section
- APPDE
- APPDE DVD
- Dutch Guidelines for Physiotherapy

A Home-based Exercise Programme to Reduce the Risk of Falling among People with PD [EXSart Trial]

- Do repeat-fallers with PD who participate in a personalised programme of exercises and strategies experience fewer falls, near falls or injuries than those who do not?
- *Funded by Action Medical Research & John and Lucille Van Geest Foundation*

Procedure

- Two groups RCT
- Inclusion criteria set
- Blinded assessor
- Battery assessments : Fall events & Get up & go, chair stand, muscle strength, ankle range, Berg balance, SAS, Euroquol
- @ baseline, 8 weeks & 6 months (mid-medication)
- Treatment by a physiotherapist (6 wks)

Results

- 70 exercise, 72 control subjects
- Trend in reduction of frequency of falls and serious injuries -10% reduction
 - @ 8 weeks & 6 months —
 - difference did not reach significance
- Significant reduction of near-falls
 - @ 8 weeks (P=0.004) & 6 months (P=0.005)
- Sub-group analyses according to disease severity —significant reduction of fall frequency among those with less disease severity.

RESCUE questions



- Effect of “clinical use” of cueing?
- Carry-over in time and performance?
- Adverse effects, increased risk of falling

Training effect of cues



- 3 weeks cue training at home
- Gait tests at home
- 153 PD patients
- 'On-phase'

Therapeutic cueing



Temporal cueing device

Home practice:

Dual tasking

Stopping and starting

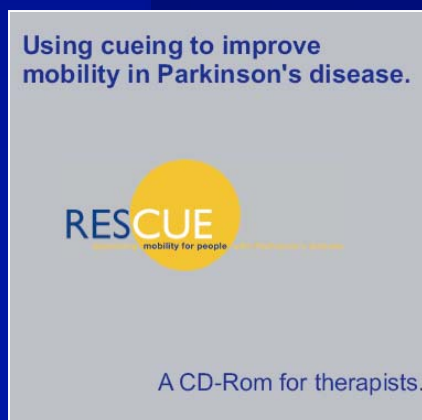
Heel strike + push-off

Sideways and backwards stepping

Turning in different angles

Manoeuvring in tight places

Walking over various surfaces + distances



Evidence-based cueing guidelines

Conclusions: Training effects



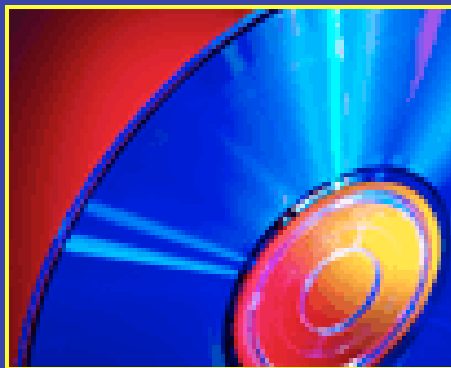
Effect of therapeutic cueing

- Small and short lasting – motor learning is possible
- Therapeutic cueing reduced freezing
- Specific – focused intervention
- Without adverse effects on falling?
- Effect wears off
 - Permanent cueing
 - Follow-up treatment

RESCUE CD-Rom



**Using cueing to
improve mobility in
Parkinson's Disease:
A CD-Rom for therapists**



Prijs/Price 40,00 €/£27.40

[Click here](#) for more details

- Cueing - what, why, how
- Disease background
- Therapy Aims
- Extras:
 - Evidence based guidelines
 - Evaluation methods
 - Patient handouts
 - References
 - Links

www.rescueproject.org



The physiotherapist's guide to Parkinson's disease

- Provides information to enable:
 - Understanding
 - Assessment
 - Planning
 - Appropriate management
- Combines research evidence and clinical expertise and advice