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What is it Role of Exercise in Parkinson's Disease ?

One of the non-pharmacological treatment options for Parkinson's Disease is exercise.

Exercise can improve the quality of life through various benefits.

These benefits include alleviating motor symptoms such as:

- Rigidity and slow movement (bradykinesia.
- Postural stability,
- Gait, balance
- Even non-motor symptoms like cognitive impairment.

The recommended exercise regimen:

Karate



Tai chi

Brisk walk



Yoga

swimming and water aerobic exercise



Exercise also plays a role in increasing independence for patient which in turn reduces care givers burnout.