

# The role of physiotherapy in enhancing quality of life for individuals with parkinson's disease.

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## Introduction

Exercise regimens are a crucial part of physiotherapy strategies for treating Parkinson's disease. The most important objectives of exercises are to improve quality of life, boost independence, and raise the patient's mobility and functional capacity. Next to Alzheimer's disease, Parkinson's disease is the most prevalent neurodegenerative ailment worldwide and has the greatest rate of growth. Parkinson's disease deaths in Turkey number 109 globally, with 3.81 per 100,000 people and 0.88% of deaths, according to World Health Organisation (WHO) data published in 2020. Although there are currently 6.1 million Parkinson's patients worldwide, it is predicted that number will increase to 12 million over the next 30 years [1].

Parkinson's disease is a progressive condition that affects 1%–2% of people over 65 and is characterised by both motor and nonmotor symptoms such as stiffness, bradykinesia, resting tremor, autonomic and cognitive dysfunctions, sleep issues, and sensory problems [2]. The combination of these symptoms lowers the quality of life for the patient. "Genetic factors often play a role in Parkinson's patients who are seen at a younger age, the disease is higher in people with a history of Parkinson's in parents or close relatives compared to the general population, and starts between the ages of 40-75, often over the age of 60," noted amlca Erdem Hospital Neurology Specialist on World Parkinson's Day, which is observed on April 11 each year to raise awareness of the illness.

### *Here are some ways that physiotherapy can help people with Parkinson's disease*

**Improving mobility:** Physiotherapy can help people with Parkinson's disease improve their balance, strength, and flexibility, making it easier to perform daily activities such as walking, standing, and getting up from a chair.

**Reducing stiffness:** Parkinson's disease can cause muscle stiffness and rigidity, which can make movement difficult. Physiotherapy can help reduce stiffness and improve range of motion through stretching and other exercises.

**Enhancing coordination:** Parkinson's disease can affect coordination, making it harder to perform tasks that require precise movements. Physiotherapy can help improve coordination through specific exercises and activities.

**Reducing falls:** People with Parkinson's disease are at an increased risk of falls due to their mobility and balance issues. Physiotherapy can help reduce the risk of falls by improving balance and strength.

**Improving overall quality of life:** Physiotherapy can help people with Parkinson's disease improve their physical abilities and independence, which can have a positive impact on their overall quality of life. It can also help manage other symptoms of Parkinson's disease, such as pain and fatigue.

About 80% of people with Parkinson's disease experience tremors, which often begin in the hands and feet and then move to the arms and legs. It occasionally even has an impact on the lips, tongue, and jaw. In the event that these symptoms are noticed, a neurologist should be contacted right away. Unilateral shoulder pain is moreover one of the initial signs of Parkinson's disease. In the later stages, falling and losing balance are common.

Caferzade stressed the value of physical activity in addition to medical care for Parkinson's, emphasising that people without physical limitations can manage the lengthy course of the disease by leading an active lifestyle. Additionally, it is strongly advised that patients exercise according to their needs. Parkinson's is a chronic, slowly advancing condition, thus the patient and his family must continue to follow up with the doctor throughout the course of treatment. Patients who are in advanced stages or who are not responding to medical treatment may benefit from surgical procedures.

In summary, physiotherapy can be a valuable tool in managing the symptoms of Parkinson's disease and improving quality of life. It is important to work with a qualified physiotherapist who has experience working with people with Parkinson's disease to develop an individualized treatment plan.

## References

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