

# Parkinson Disease

Parkinson's disease (PD), also known as idiopathic or primary parkinsonism, hypokinetic rigid syndrome, or paralysis agitans, is a degenerative disorder of the central nervous system mainly affecting the motor system. The motor symptoms of Parkinson's disease result from the death of dopamine-generating cells in the substantia nigra, a region of the midbrain. The causes of this cell death are poorly understood. Early in the course of the disease, the most obvious symptoms are movement-related; these include shaking, rigidity, slowness of movement and difficulty with walking and gait. Later, thinking and behavioral problems may arise, with dementia commonly occurring in the advanced stages of the disease, and depression being the most common psychiatric symptom. Other symptoms include sensory, sleep, and emotional problems

	Active	Passive	Assisted active
General supportive care	★		
Tremor		★	
Rigidity		★	
Bradykinesia		★	
Postural and balance disturbances	★		
Primitive reflex persistence	★		
Movement control disturbance	★	★	★

exercise must be performed to maintain muscle mass. Muscle mass and strength allow an individual to complete daily chores and to maintain balance. Additionally, strengthening postural muscles may help to maintain a more upright posture. Integrative, functional exercises other than weight-training may strengthen muscles in ways that are more beneficial to individuals with Parkinson's disease. **The APT fit training to Parkinson's patients.**

