



PARKINSON'S & EXERCISE



Tandem-cycle Cleveland Clinic study

- Bicycle exercise 3x a wk for 8 wks.
- Some at voluntary level
- Others at forced-rate exercise using a modified bike to induce forced activity



"The results showed that FORCED INTENSE EXERCISE is a more effective therapy to reduce symptoms of Parkinson's disease"

EXERCISE IS MEDICINE



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Name: _____ Date: _____

Rx *Rock Steady Boxing*

Fighting Back Against Parkinson's

Intense exercise is a combatant to Parkinson's disease!

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BOXING FOR PARKINSON'S?



Why do we Box?



MOST INTENSE?



ESPN STUDY

A panel of sports scientists from the United States Olympic Committee tested 60 sports on degree of difficulty in:

- AGILITY
- DURABILITY
- HAND-EYE COORDINATION
- ANALYTIC APTITUDE
- ENDURANCE
- STRENGTH
- FLEXIBILITY
- POWER
- SPEED

“THE SWEET SCIENCE”



ESPN STUDY

BOXING RATED # 1

**AS THE MOST DEMANDING
SPORT OF ALL!**



WHY WE BOX



PARKINSON'S SYMPTOMS:

Tremor
Bradykinesia
Rigidity
Postural Instability
Stooped Posture
Shuffling Gait
Freezing

SECONDARY SYMPTOMS:

Cognitive Issues
Depression
Emotional Changes

BOXERS TRAIN TO IMPROVE:

Hand-eye Coordination
Speed of Movement
Flexibility
Optimal Balance
Core Strength
Agility
Rapid Muscle Fire

BOXERS WORKOUT:

Improve Mental Focus
Reduce stress
Improve mood

FOUNDED IN 2006



- Started with 6 Boxers
- 1 Trainer & 1 location
- 5 Classes per Week
- Original focus was Young-onset Parkinson's



TODAY



- Thousands of boxers worldwide
- Hundreds of affiliates in U.S. and internationally



ROCK STEADY!



- Intervene at DAY OF DIAGNOSIS
- Provides hope, joy, laughter in a non-clinical environment
- Recognizing the value of the individual - "you are not defined by your disease"
- Sense of Community
- Celebrate everyday small victories



THE ROCK STEADY METHOD



Boxer's Regimen (*non-contact*)
Functional Movement Fitness
Intense, circuit-based training
Push beyond perceived limits
Tough Love & FUN!



FUNCTIONAL FITNESS



Walk Better
Fall Better
Get up and down safely
Increase Rotation
Balance
Voice Activation
Happiness & Fun=
Dopamine release



THANK YOU!



Questions?



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