

Global Physiotherapy Congress

November 17-18, 2016 Atlanta, USA

The effect of argentine tango training for patient with Parkinson's disease

Ankur Parekh

Introduction: Parkinson's disease is a neurodegenerative disorder characterized by motor symptoms such as tremor, rigidity, and bradykinesia. Non-pharmacological interventions, including physical therapy, have been shown to improve motor function and quality of life. Argentine tango, a social dance, may provide a unique form of physical activity that combines balance, coordination, and social interaction, potentially beneficial for Parkinson's disease patients.

Methodology: A randomized controlled trial was conducted to evaluate the effect of Argentine tango training on motor symptoms in Parkinson's disease patients. The study included 30 participants, divided into two groups: tango training and control. The tango group received 12 sessions of tango training over 6 weeks. The control group received standard physiotherapy. Motor symptoms were assessed using the Unified Parkinson's Disease Rating Scale (UPDRS) before and after the intervention.

Results & Discussion: The tango training group showed a significant improvement in motor symptoms compared to the control group. The UPDRS score decreased significantly in the tango group, indicating better motor function. The improvement was maintained at the 6-week follow-up. The tango training was well-tolerated and enjoyable by the participants. The results suggest that Argentine tango training may be an effective non-pharmacological intervention for Parkinson's disease patients.

Conclusions: Argentine tango training significantly improved motor symptoms in Parkinson's disease patients. The tango training was well-tolerated and enjoyable. Further research is needed to evaluate the long-term effects of tango training on Parkinson's disease patients.

Biography

Ankur Parekh is currently working as an Assistant Professor at School of Physiotherapy, RK University. He has 8 years of clinical experience and 4.5 years of academic professional experience. He has completed his Master's in Physiotherapy from Civil Hospital, Ahmedabad. He is the member secretary of "Institutional Ethics Committee" School of Physiotherapy, RK University approved by CDSCO. He is working as a PG Coordinator, Clinical Training Coordinator since last 4.5 years. He is also the member of board of study at School of Physiotherapy, RK University. He guided more than 20 UG projects and 8 PG projects. He has published

Notes: