E-Poster

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Dance Therapy: A Novel Approach to Managing Parkinson's Disease Symptoms

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Individuals with Parkinson's disease experience functional limitations because of both motor and non-motor symptoms, leading to a significant decline in quality of life. Non-pharmacological interventions, such as physical activity, physiotherapy, and psychotherapy, play an important role both before and in conjunction with pharmacological treatment. Dance therapy has been pioneered with primary encouraging results. The aim of this study was to investigate the effects of dance therapy on motor disorders, psychological state and quality of life in patients with Parkinson's Disease

METHODS

A prospective comparative interventional study has been conducted in a physical medicine and rehabilitation outpatient department. Patients diagnosed with Parkinson's disease were included. Group A had a conventional physical therapy protocol whereas Group B had the same protocol plus three sessions per week of dance therapy for a period of six weeks. We evaluated UPDRS score, six minutes walking test (6MWT), Timed up and go test (TUG) Balance Berg scale , Montgomery-Asberg Depression rating scale (MADRS), Parkinson's Disease Questionnaire-39 (PDQ-39). Assessments were done before and after intervention.

RESULTS

Group A had an 11-meter improvement in walking distance for 6MWT, compared to an 18-meter improvement in Group B. The MADRS scale revealed a significant improvement in psychological state for all patients in Group A, with a 6.7-point decrease, from a score of 19 to 12.3 (indicating mild depression). Group B demonstrated a greater improvement, with a 10.7-point decrease, from 13.7 to 3, suggesting the absence of a depressive state.

CONCLUSION

The results of our study support the integration of dance therapy into comprehensive care plans for individuals with Parkinson's disease. Dance therapy can help address both the motor and non-motor symptoms of the disease, leading to an improved quality of life.

Statement of Disclosures

None

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