EFFECTS OF EXERCISE THERAPY ON ACTIVITIES OF DAILY LIVING FOR PATIENT'S WITH PARKINSON'S DISEASE

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Introduction: Parkinson's disease is a progressive neurological disease coming, due to progressive decline of neurons in nucleus niger, decrease in the levels of dopamine leading to tremor, bradykinesia, akinesia and rigidity. These symptoms significantly hamper the performance of activities of daily living, which are necessary for normal functioning of every individual. Exercise therapy is the method used in physical medicine in purpose of rehabilitation works, health promotion, prevention of complications and achieve a higher degree of functionality of patients. Often exercise therapy is combined with other methods of physical medicine, such as occupational therapy, magnetic therapy etc.

Purpose: To examine the relationship between application of exercise therapy on activities of daily living in patients with Parkinson's disease.

Method: The research was conducted as a clinical retrospective-prospective study, based on data from medical records, and was conducted on a sample of 40 respondents, all of which exercise therapy was applied.

Results: In the conducted study there was increased representation of female gender, with no statistically significant difference in representation. After the conducted exercise therapy, there was improvement of Barthel index increased from 10.7 ± 6.3 (range 0-20) in the receipt of 12.45 ± 6.2 (range 0-20) in the discharge, which was statistically significant.

Conclusion: The results of the study suggest that exercise therapy has positive effect on activities of daily living in patients with Parkinson's disease.

Key words: Parkinson's disease, exercise therapy, activities of daily living, Barthel index.