

## Which type of physical exercise benefits people with Parkinson's disease the most?

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**Clinical Question** Are some types of physical exercise more beneficial than others in people with Parkinson's disease (PD)?

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**Bottom Line** This review found evidence of beneficial effects on the severity of motor signs, quality of life (QoL), and functional mobility and balance for most types of physical exercise for people with PD. For severity of motor signs dance appears to be most beneficial and aqua based training appeared to have the highest benefits for quality of life.

Overall, differences between the exercise types were not large and thus this systematic review highlights the importance of physical exercise for people with PD in general, while the exact exercise type might be secondary with respect to the rather global outcome measures severity of motor signs and QoL. Therefore, the personal preferences of people with PD should be given special consideration.

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**Caveat** In addition to the evidence of the efficacy, no major safety concerns were raised for the interventions included in this review. Therefore, several exercise programs may be selected from when establishing a training routine, provided that there are no individual safety concerns. Importantly, as the disease progresses, safety concerns may increase and the availability of safe exercise options may decrease.

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**Context** PD is a progressive disorder of the nervous system that mostly affects people over 60. Symptoms begin gradually and include movement issues, such as trembling, stiffness, slowness of movement and balance, and coordination issues. The disorder cannot be cured, but the symptoms can be relieved, people with PD may benefit from physiotherapy or other forms of physical exercise, such as dancing. But it remains unclear if some of these exercise types work better than others.

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**Cochrane Systematic Review** Ernst M, Folkerts A-K, Gollan R, Lieker E, Caro-Valenzuela J, Adams A, Cryns N, Monsef I, Dresen A, Roheger M, Eggers C, Skoetz N, Kalbe E. Physical exercise for people with Parkinson's disease: a systematic review and network meta-analysis. Cochrane Database of Systematic Reviews 2024, Issue 4. Art. No.: CD013856. DOI: 10.1002/14651858.CD013856.pub3. This review contains 154 trials with a total of 7837 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013856.pub3/full>