

Exercise for Parkinson's Disease and Multiple Sclerosis

Introduction ①

What is Parkinson's Disease? ②

Benefits & Risks of Exercise for PD ③

Exercise Guidelines for PD ④


What is Multiple Sclerosis? ⑤

Benefits & Risks of Exercise for MS ⑥

Exercise Guidelines for MS ⑦

Final Quiz

Select a square to view a section.





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Introduction

Course Objectives

Upon completion of this online module, students will be able to:

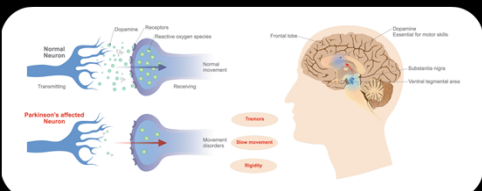

- Describe the basic pathophysiology of Parkinson's disease and multiple sclerosis,
- List common symptoms and risk factors of each disease,
- Summarize disease-specific risks and benefits associated with exercise, and
- Select safe and appropriate physical activities and exercises for individuals with Parkinson's disease or multiple sclerosis.

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What is Parkinson's Disease?

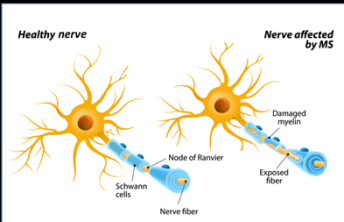

Parkinson's disease was originally attributed to dysfunction of the dopamine-producing ("dopaminergic") neurons in a specific area of the midbrain called substantia nigra, a component of the basal ganglia.

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What is Multiple Sclerosis?

Multiple sclerosis (MS) is a chronic neurodegenerative disorder affecting the central nervous system (CNS), in a process that primarily involves an inflammatory **autoimmune** attack on the myelin sheath of nerves.

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Benefits & Risks of Exercise for MS



Platta et al. (2014)

The safety of exercise training in multiple sclerosis: A systematic review.

"Overall, the evidence suggests exercise training is safe for persons with MS. Patients with MS should not be discouraged from exercise participation due to concerns of experiencing a relapse or an adverse event."

Results:

- Relative risk of relapse among exercise training subjects was 0.73.
- Relative risk of adverse events (e.g., injury, cardiovascular incident) among exercise training subjects was 1.67.






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Final Quiz

The final quiz consists of 20 multiple-choice questions. To receive four (4) NETA continuing education credits (CECs) for this course, you must attain a minimum score of 70%.

IMPORTANT: Please read and follow the instructions provided at the end of the quiz to obtain documentation of your CECs.

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