Exercise for Parkinson’s Disease and Multiple Sclerosis

Introduction

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.

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.

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.

Benefits & Risks of Exercise for PD

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 discouragement 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 1.17.

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.