

The Effects of Strength Training on Quality of Life in Patients With Parkinson's Disease

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Research suggests that aerobic exercise reduces symptoms and improves quality of life in individuals with Parkinson's disease; however, there is a lack of research on the effects of strength training. A pilot study was conducted to investigate the effect of supervised strength training on the quality of life (QOL) in Parkinson's patients. Eleven participants were recruited from the community to undergo an 8-week exercise program utilizing the Total Resistance Exercise (TRX®) suspension system. QOL measures were assessed pre- and post-intervention using the UPDRS and PDQ-8 questionnaires. Data was analyzed using descriptive statistics, showing no significant results but many positive outcomes. Fatigue and lightheadedness on standing demonstrated the greatest improvements. All individuals safely completed the intervention and considered it to be worthwhile.