

## Effects of Strength Circuit Training and Boxing Circuit Training in Individuals with Parkinson's Disease

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The purpose of this study was to determine the effects of a strength and boxing circuit training program on strength, balance, and quality of life in individuals with Parkinson's disease. These measures were assessed using the following: dynamometer, Multidimensional Fatigue Inventory (MFI), 10 meter walk test, and the Sway Balance phone application. The SF-36 quality of life survey included physical function, bodily pain, general health, vitality, social functioning, and mental health. The participants were placed into two groups and completed eight weeks of a strengthening or boxing circuit program. Both groups received balance training in addition to upper and lower extremity and core strengthening. There was no significant difference in any of the outcome measures taken, however there were improvements in both groups in regards to muscle strength, 10-M walk, MFI, and SF-36 scores.