

Parkinson's Disease & the Benefits of Exercise

Nearly **1 million**

people will be living with Parkinson's by 2020

60,000 people are diagnosed with Parkinson's each year in U.S.



There are **10 million people** worldwide living with Parkinson's



Men are **1.5 times** more likely than women to have Parkinson's



Incidence of Parkinson's **increases with age**



Intense exercise may help people with Parkinson's **manage symptoms**



People with PD may reduce fall risk with **balance exercises**



Dynamic high cadence cycling may improve motor function in patients with Parkinson's



Dancing helps people with PD maintain **mobility, flexibility & balance**



Gait training to a metronome or **rhythmic music** may help with FOG



For more information on technology solutions for Parkinson's, visit: www.biodex.com/parkinsons

Parkinson's Foundation. <https://www.parkinson.org/Understanding-Parkinsons/Statistics>.
Parkinson's Foundation. <https://www.parkinson.org/understanding-parkinsons/treatment/Exercise>.
Ridge, A.L., Phillips, et al. (2015). Dynamic high-cadence cycling improves motor symptoms in Parkinson's disease. Michael J. Fox Foundation. <https://www.michaeljfox.org/understanding-parkinsons/living-with-pd/topic.php?exercise>.
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