



# The Effectiveness of Physiotherapy Intervention for Patients with Parkinson's Disease

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Study  
Design

Patients diagnosed with PD using the Queen Square Brain Bank criteria and attending SOPD of QEH

Agreed to participate in the study (n=49)

Assessed for  
eligibility

Excluded  
(n=1)

Baseline assessment (n=48)

Intervention group (n=33):  
2 sessions per week for 6 weeks of  
comprehensive physiotherapy training

Control group (n=15):  
2 sessions of  
educational talk

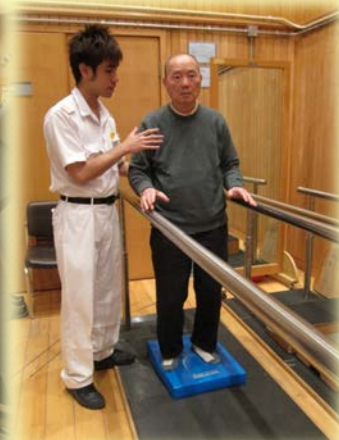
Post- intervention assessment

Sampling period  
Mar 2010 to Jun 2012



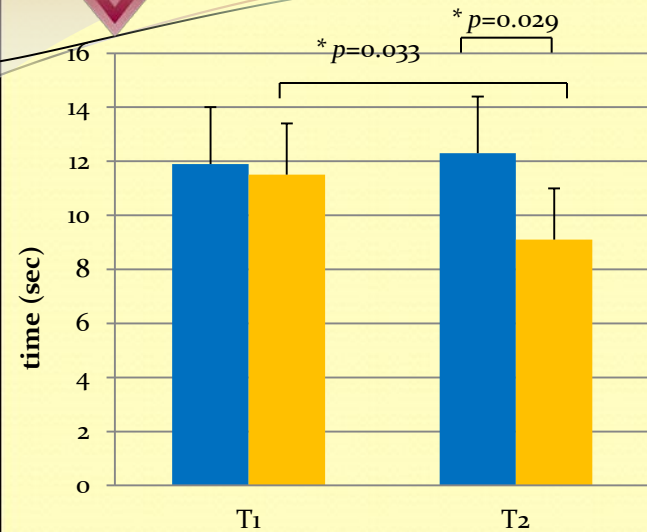
# Training Protocol

- 2 sessions per week for 6 weeks:
  - Warm up/ cool down exercise
  - Strengthening exercise of the lower limbs and trunk
  - Balance training
  - Walking stability training with treadmill  $\pm$  auditory cueing
  - Cardiovascular training





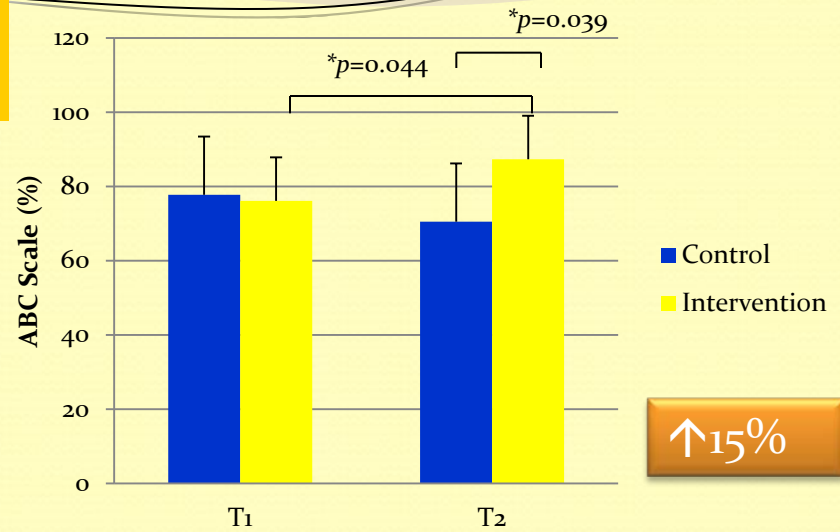
Results



Control

Intervention

↓20%



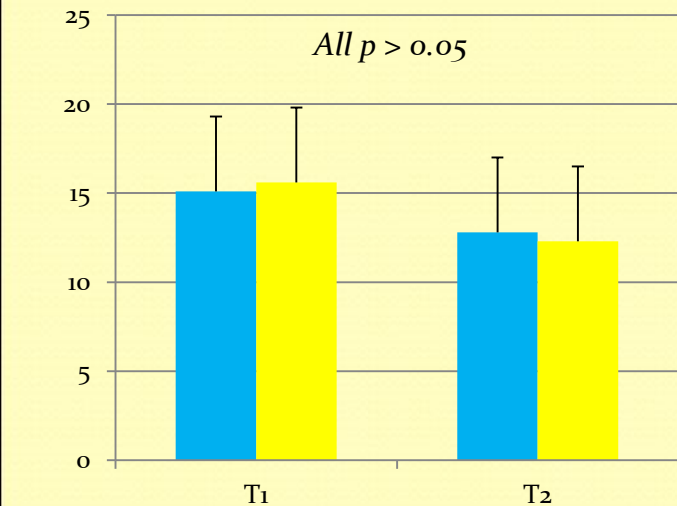
Control

Intervention

↑15%

Timed Up and Go Test

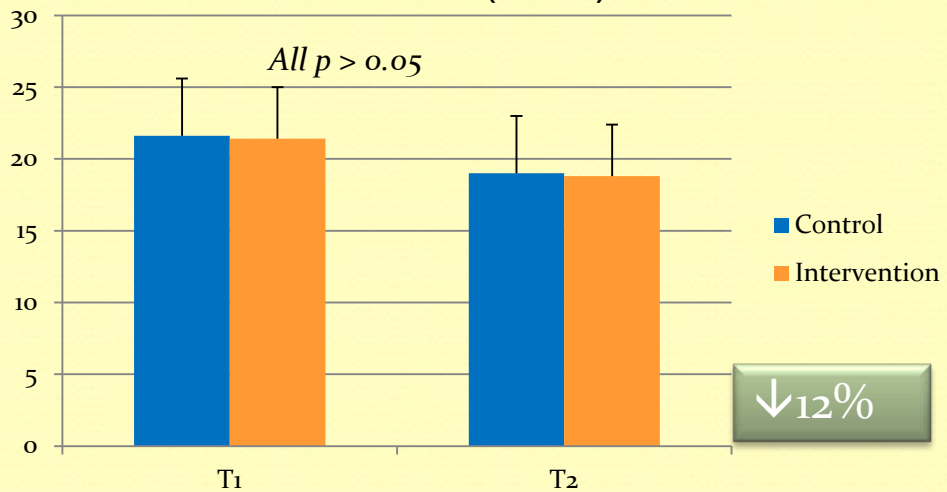
Activities-specific Balance Confidence (ABC) Scale



Control

Intervention

↓20%



Control

Intervention

↓12%



# Discussions and Conclusion

- Physiotherapy training protocol studied shown to be comprehensive in
  - Reducing impairment
  - Improving mobility
  - Increasing confidence in daily functions
  - Improving QoL
- Future plan: enhancement of program by incorporating advanced technologies e.g. robot-assisted gait training