


Increasing Engagement and Improving Results in PD Rehabilitation: Dance and Hippotherapy as Rehabilitation Tools

Kate Gamble BFA, MSPT
Open Door Integrative Wellness



*"What I'm after isn't
flexible bodies, but
flexible brains....
actually what I'm after
is to restore people
to their human dignity."*

—Moshé Feldenkrais

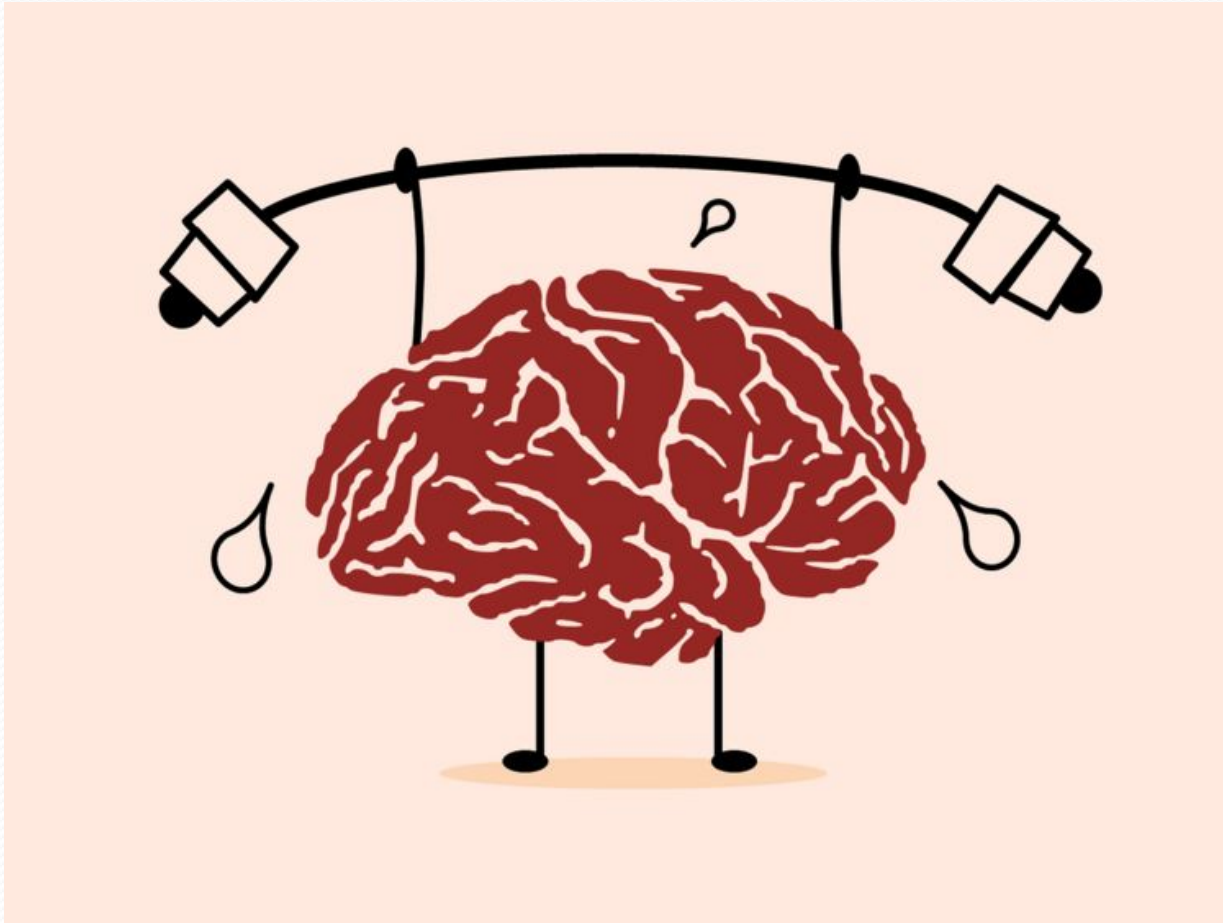
Goals:

- Gain knowledge of the rehabilitation potential of dance and hippotherapy
- Understand the unique benefits of dance and hippotherapy for people with Parkinson's
- Observe examples of both dance for PD and hippotherapy
- Learn about resources for both modalities

Benefits of Exercise



Neuroplasticity



Uniqueness of PD



A different way of providing care

I discovered that I was part of a Parkinson's community with similar experiences and similar questions that I'd been dealing with alone.

Michael J. Fox

quote fancy

The benefits of these two specific modalities

- Balance
- Gait
- “Get up and Go” or “Sit to stand”
- Festinating
- Mood
- Independence
- Social Interaction/Relationships

Hippotherapy



HPOT Video

https://www.youtube.com/watch?v=J_MvYAvYQkk

Dance and PD



Dance is Multimodal

- <https://www.youtube.com/watch?v=4LwWkFHpvao>



The role of music



I regard music therapy as a tool of great power in many neurological disorders -- Parkinson's and Alzheimer's -- because of its unique capacity to organize or reorganize cerebral function when it has been damaged.

— Oliver Sacks —

AZ QUOTES

Studies:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4309167/>

<https://www.sciencedirect.com/science/article/pii/S1873959816300345>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4309167/>

<https://www.magonlinelibrary.com/doi/pdf/10.12968/ijtr.2018.25.2.64>

<https://danceforparkinsons.org/resources/research>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2780534/>

<https://stanmed.stanford.edu/2017winter/dance-for-parkinsons-disease-at-the-stanford-neuroscience-health-center.html>

<http://www.hinnovic.org/dance-as-complementary-therapy-for-parkinson-disease/>

Personal Experience



Hippotherapy and Therapeutic Riding

- High Horses Therapeutic Riding
- AHA:
<http://www.americanhippotherapyassociation.org/>
- Path: <https://www.pathintl.org/>



Dance and PD



<https://danceforparkinsons.org/>



Other movement practices

- Somatics
- Yoga
- Swimming
- Tai Chi
- Boxing
- Biking



15 minutes of movement

- Breath
- Spine health
- Balance
- Weight shift
- Connection

Opportunities/Questions:

I OFTEN SAY NOW/ I
DON'T HAVE ANY
CHOICE WHETHER
OR NOT I HAVE
PARKINSON'S, BUT
SURROUNDING
THAT NON-CHOICE
IS A MILLION OTHER
CHOICES THAT I
CAN MAKE.

-MICHAEL J. FOX