
Tai chi for improving balance and function in patients with parkinson's disease

Record Status

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Authors' conclusions

Parkinson's disease (PD) is a progressive neurological disease characterized by tremor, hypokinesia, rigidity, and postural instability, causing falls and fractures. A contributor to these symptoms is the degeneration of dopaminergic cells from the substantia nigra in the mid-region of the brain. These cells produce essential neurotransmitters, such as dopamine, that are important in movement and coordination. Approximately 1 million people in the United States have PD. The prevalence of PD is 1% to 2% among individuals 65 years of age or older, and up to 4% in individuals aged > 85 years. There is no known cure for PD. The goal of treatment is to control symptoms. Some motor dysfunction, such as tremor, may be alleviated with drug therapy, while postural instability is less responsive to medication and requires alternative approaches.

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An English language summary is available.

Address for correspondence

HAYES, Inc., 157 S. Broad Street, Suite 200, Lansdale, PA 19446, USA. Tel: 215 855 0615; Fax: 215 855 5218 Email: hayesinfo@hayesinc.com

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