

Key messages from Professor Lynn Rochester and Senior Lecturer, Julie Jones

Overall Summary by Alison Williams, Member Parkinson's UK Edinburgh Branch

Each speaker emphasised different aspects of movement and Parkinson's, and both ended up with the same message:

**Exercise slows down the progression of Parkinson's motor and
non-motor symptoms**

**The more we sit, the less we exercise: the less we exercise, the more we sit,
the less we can move**

**The only person that can do the exercising is ME
(with help from my friends!)**

Professor Rochester looked at what we mean by exercise, why we should exercise and the evidence that it is beneficial. She considered the fear of falls, lack of time and confidence that stop us exercising, and then how we might go about doing regular, structured and appropriate exercise (and what the Physiotherapists should particularly pay attention to). Her take-home message was:

The most important thing is personal control by each PwP over:

**What exercise we do, why we do it, how it fits our needs and our own particular set
of symptoms, both motor and non-motor.**

Julie Jones explained what gait is and the mechanisms in the brain that make it happen. She looked at what goes wrong in the brain and hence affects our gait in PD, and what we can do about it, taking us through the evidence. Julie asked: Where does this all leave us? Her take-home messages were:

For health professionals:

**Fit the exercise to what people want to be able to do. It should be fun, use
concentration, mental fitness and focus on movement. It should empower and
educate the PwP.**

For PwPs:

**Make your exercising functional, relevant and meaningful – what is it FOR? Know
what you want to achieve.**