



Surprisingly, dance addresses symptoms of Parkinson's disease

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Croydon, UK—Parkinson's disease is an incurable disease that mainly afflicts the elderly. In the UK, analysts are excited to discover dance can work to relieve symptoms of the disease.

A recent class in Croydon provided participants with an introduction to dance. One by one, even those with limited mobility, stood in the auditorium. Overcoming varying obstacles, these patients with Parkinson's disease participated fully, dancing across the floor.

Caused by a deficiency of dopamine in the brain, Parkinson's disease comes with a wide range of mild to severe physical, mental, and emotional symptoms.

The late Pope John Paul II and former President of the United States, Ronald Reagan, suffered from the disease.

The notion that dance helps to alleviate symptoms of Parkinson's disease is based on the results of research and ongoing special courses conducted by charities in the United Kingdom.

Participants in this weekly class learn basic ballroom steps.

There are over ten dance classes for people with Parkinson's across the UK. The growing number of participants is further proof of the effective outcomes the class offers.

Since the class started four years ago, the dance instructor has been witness to the myriad of healthy improvements demonstrated by participants stating, "patients move more freely and have increased flexibility."

Interested participants, such as Stephen Barker, are eager for the weekly classes. "Exercise is good for us, and we really like dancing. I hope classes take place more often."