Nanfang Hospital the first in Asia to introduce dance as a treatment for Parkinson’s disease

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Following a successful debut at the Grand Theatre in Guangzhou, the famous Mark Morris Dance Group visited the Wai Kiu House of Nanfang Hospital at the Foreign Medical Center of Southern Medical University to lead a dance class for patients with Parkinson’s disease and their families. The class was presided over by Wu Jing, director of Wai Kiu.

Mark Morris Dance Group, founded in 1980, is one of the five major modern dance companies in the United States, having performed in more than 2000 cities across the United States and Europe. In 2001, the company began a partnership with Brooklyn Parkinson Group to create Dance for PD, offering free dance classes for people with Parkinson’s disease, their caregivers, families, and friends. Each class is offered with live musical accompaniment, and empowers participants to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative, while simultaneously addressing common symptoms of Parkinson’s disease including balance, coordination, flexibility, as well as cognitive and emotional challenges. Through a network of partners and associates, affiliate programs are now offered in more than 75 communities around the world, in both artistic and medical environments.

The visit by Mark Morris Dance Group to Nanfang Hospital in Guangzhou distinguishes the Medical Center as the first in Asia to introduce dance therapy for the treatment of Parkinson’s disease. Professor Wang Qun, Parkinson’s disease therapy expert in the Department of Neurology, along with his team and visiting dancers, expressed the hope for more in-depth collaboration on the rehabilitation of patients with Parkinson’s. By opening its doors to the famous American dance troupe and welcoming the lesson in healthy dance for those with Parkinson’s, Wai Kiu House of Nanfang Hospital in Guangzhou proves once again their influence as China’s foremost medical center.