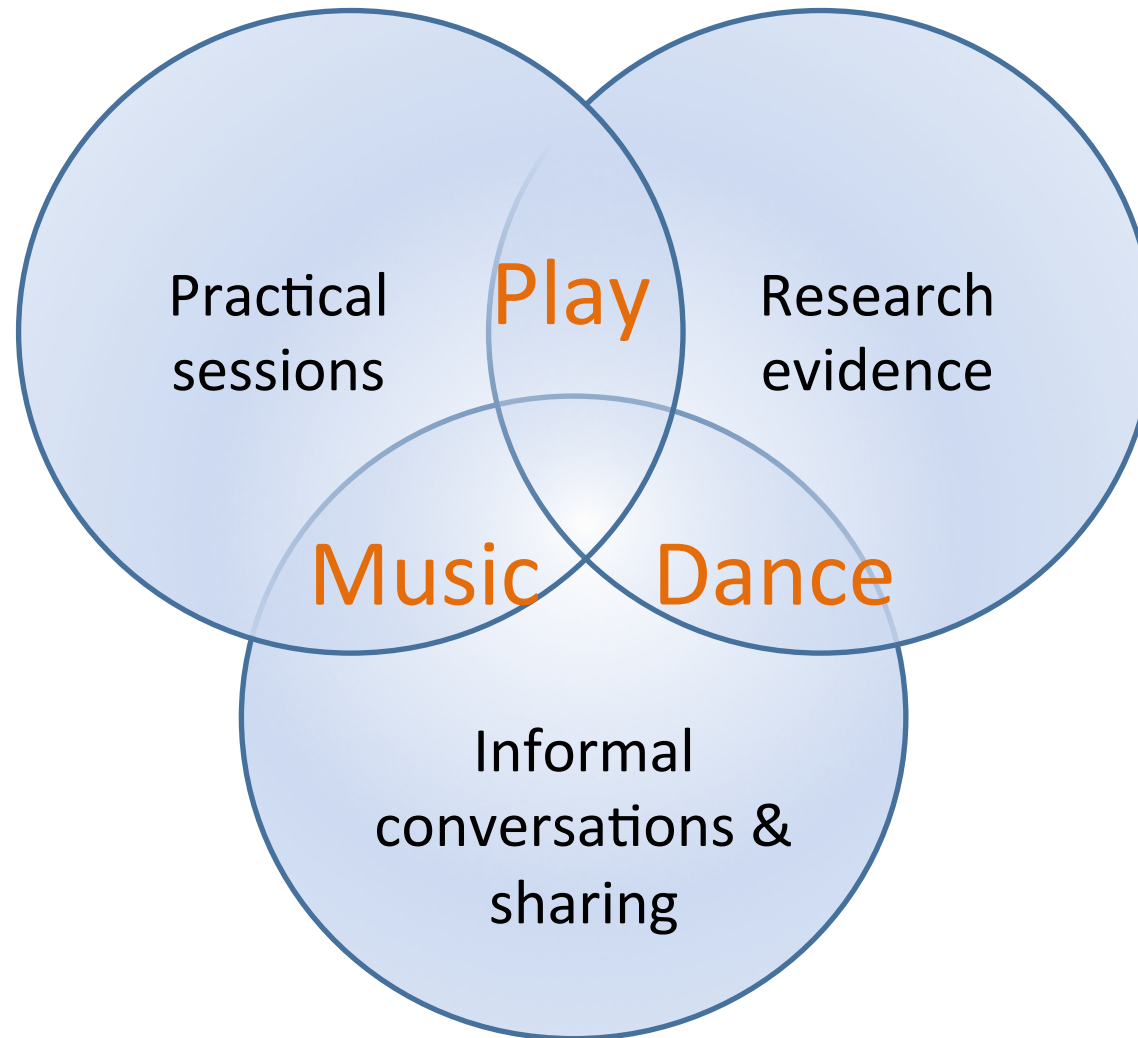


# Having fun – play, music and dance in Parkinson's

Remembering who I am



# WPC: what was on offer!

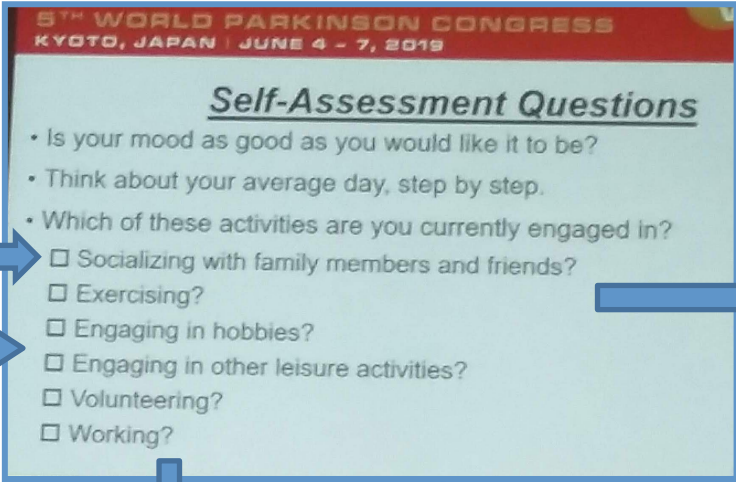


- Dance for PD
- Adaptive tango
- Brain on dance
- Crane dance project
- PD movement lab
- Music and movement PD lounge
- Live performances of music and dance
- Singing
- The Choir – and our Edinburgh song!
- Tai chi
- PD fitness
- Rock steady boxing
- DopaFit
- TRIAD – voice, movement & cognition
- Table tennis
- Massage
- Yoga
- The LOUD crowd
- Art walk
- Quiet room



Tim Hague: “Be an athlete”  
Create habits and ruthlessly stick to them  
Do what you love doing – be passionate in what you do. **Choose joy**

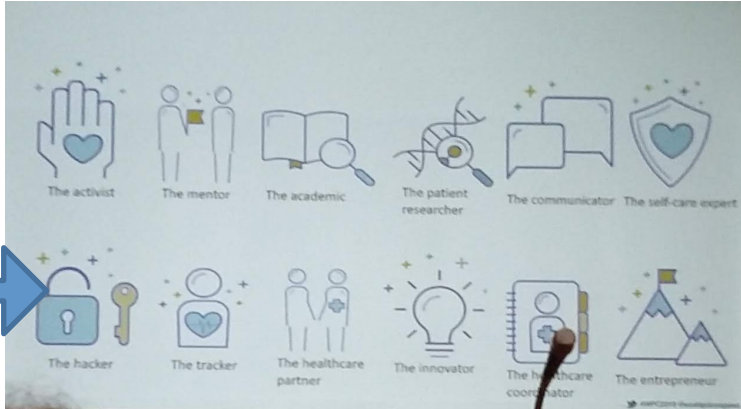
Heather Kennedy:  
**Seek out joy**  
“May your choices reflect your hopes, not your fears.” *Mandela*



Roseanne Doblin:  
Have three daily goals

1. Meaningful social activity
2. Exercise
3. **Enjoyment/fun**

*(Dealing with anxiety)*



Tim Hague: get involved  
Martin Taylor: get involved

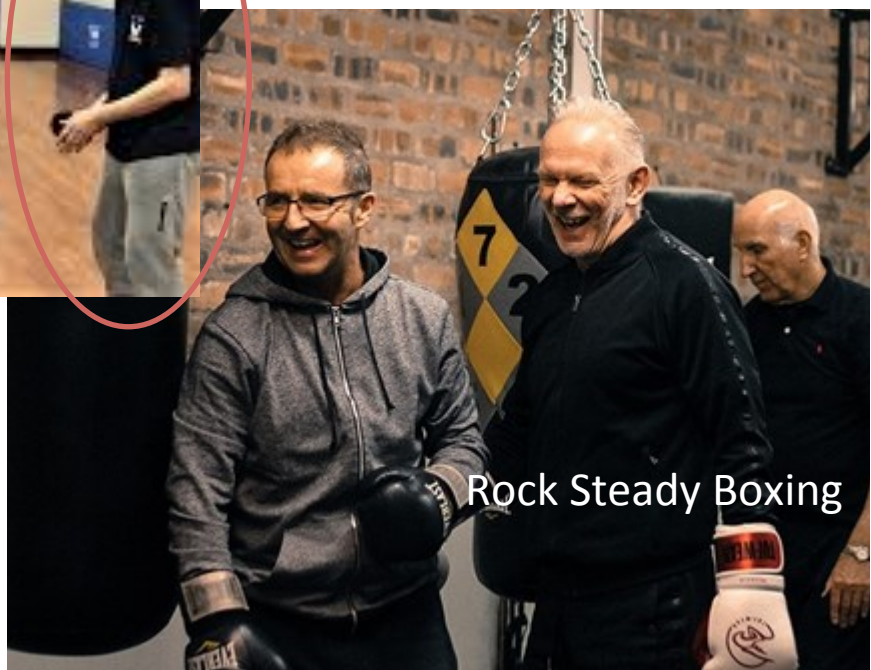
**Play**  
Practical sessions  
Music    Dance

Table tennis

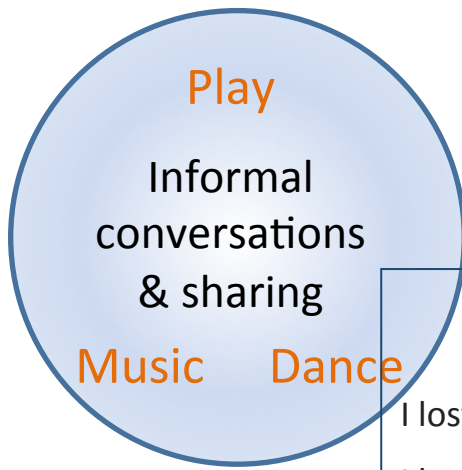


Parkinson's World Championships

Boxing: particularly good for gait, length of stride and endurance over time  
*Combs et al (2013) Journal of NeuroRehabilitation*



Rock Steady Boxing



### Brenda Edgar, Queensland, Australia: PD 'Lost' and Found'

I lost the strength in one arm ..... and found I could brush my teeth with the other hand.

I lost my voice .....and found I was thinking more before speaking.

" ..... and found I was a better listener.

I lost my job .....and found voluntary work with PD.

I lost my confidence.....and found other PwP, who gave it back.

I lost my courage .....and found a friend to stand by me.

I lost my sleep .....and found time for a nap after lunch.

" .....and spent my time awake writing emails.

I lost control of my movement.....and found a knowledgeable doctor.

I lost control of my moods.....and my doctor found a medication to deal with that.

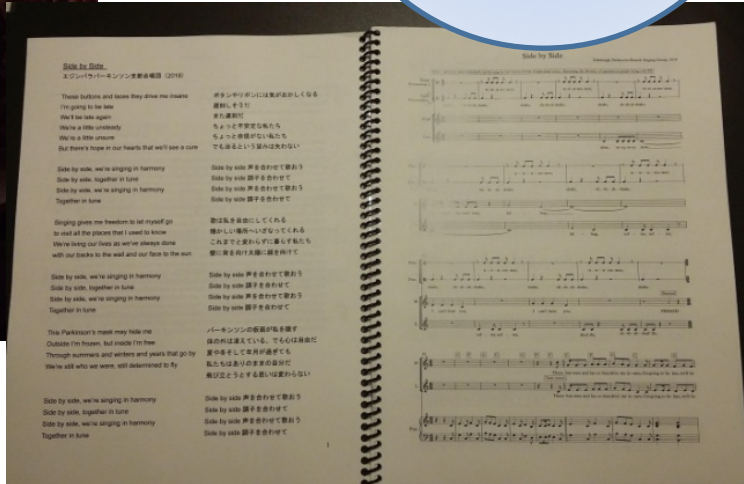
I lost my finer coordination.....and found garments that have no buttons.

I lost my desire to go out.....but found friends to go out with.

I lost..... and found.....



Play Dance  
Practical sessions  
Music



- Choir, and other singing sessions
- Live music performances –
- Taiko drumming processing round the halls
- .....And birdsong in the toilets!



## Music is good for the brain

- Engages multiple brain networks
- Pulse and rhythm go straight into the brain
- Strengthens the neural connections
- Increases the size of the corpus callosum & makes structural changes

## Music is good for the body

- It co-ordinates movement
- Bypasses the defective brain
- Stimulates and motivates, especially for gait

## Music is good for the spirit

- Activates pleasure and alertness
- Decreases anxiety and stress

*Jeanette Tamplin (Uni of Melbourne)*

## Dance is good for the brain

- Non-verbal communication
- Mind-motor transformation
- Cognitive engagement for all

## Dance is good for the body

- Collaboration through touch
- It co-ordinates movement

## Dance is good for the spirit

- Increases motivation
- Increases enjoyment



HHI motor manipulation

- Leading, following and backleading involve mind-motor transformation, with tactile HHI communication taking place within cognitive context, with the explicit goal of communicating or CONVERSING
- Collaborative goal achieved through active perception of haptic feedback and cognitive engagement of both partners.

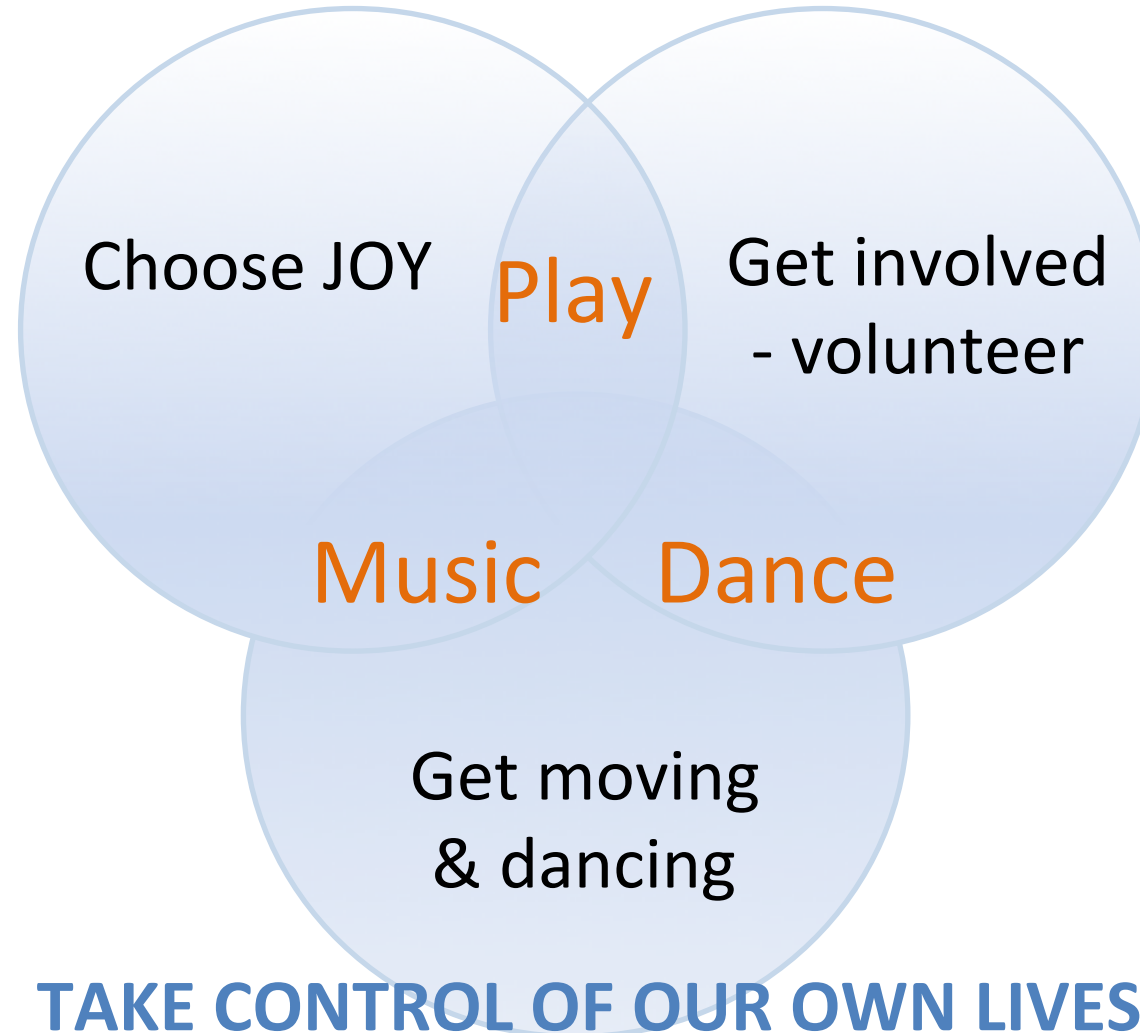
In Partnered dance, Physical and cognitive function Integrated in Tactile human human interaction (HHI)

- HHI stimulates the tactile sensory system via non-verbal communication
- Interactions forces from hands, torso or arm form a sensory/tactile communication channel about movement goals between partners during cooperative physical interactions.
- HHI requires leader to convey explicit motor goals to a follower through pressure and contact at arms or torso.
- Follower infers and enacts motor intentions of the leader
  - However, followers can "backlead,"-momentarily acts as leader
    - follower can produce a refined version of the movement structure initiated by the leader -SEEN IN THERAPEUTIC SITUATIONS



# To summarise

Remembering who I am: what it feels like to be well & happy



**TAKE CONTROL OF OUR OWN LIVES  
LAUGH!**

Politically INCORRECT Definitions

## “Patient”

**To the general public**

Someone who lies in a bed in a hospital who sneezes a lot

**To the person with Parkinson's**

The thing that I am when I have a hospital appointment and the thing that I'm not three hours later when no-one has seen me

**To the neuroscientist**

A live brain with legs. Some even have the power of communication... but this scenario is best avoided.

## Politically INCORRECT Definitions

### “Parkinson's”

**To the general public**

The shaky people

**To the person with Parkinson's**

Something that I've got for the time being until Roger Barker, Patrik Brundin or some other genius takes it away!

**To the neuroscientist**

Maladi tremorum ubique obiter substantia nigra peduncular pontine nucleus basal ganglia obstructum crania cum non-sequitor sine veni, vidi, vinci bellum bellum bellum belli bellorum bellis bellis carpe diem bona fide et omnes inter alia ex gratia post mortem dulce et decorum est pro patria mori homo plantat etc

Play  
**Dance**  
Practical  
sessions  
Music



David Leventhal session