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## Can support-group based exercise reduce risk factors for falling in people with Parkinson's Disease?

Dr Colleen Canning

Clinical and Rehabilitation Sciences Research Group  
Discipline of Physiotherapy

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## Research team

Dr Colleen Canning – The University of Sydney  
Dr Catherine Sherrington – The University of Sydney  
Prof Stephen Lord – POWMRI  
Dr Victor Fung – Westmead Hospital  
Ms Natalie Allen – The University of Sydney

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## Falls in people with PD

- Between 38% and 68% of people with Parkinson's fall each year
- Many people with PD will fall frequently

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## Falls can be reduced in older people without PD

Exercise targeting

- balance
- leg muscle strength

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## Risk factors for falls in people with PD

|                              |   |              |
|------------------------------|---|--------------|
| • Previous falls             | } | Can't change |
| • Increased disease severity |   |              |
| • Leg muscle weakness        | } | Can change   |
| • Reduced balance            |   |              |
| • Freezing                   | ? | Change       |

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## Aim of study

- Determine the efficacy of a support group-based exercise program in reducing the risk of falls in people with Parkinson's disease.

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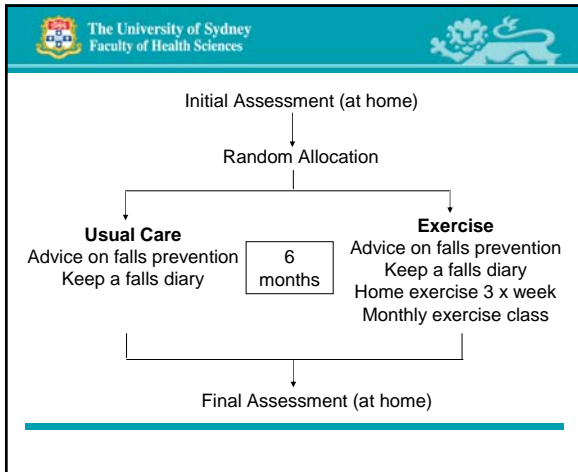
2007

- Parkinson's NSW Research Grant  
\$19,880

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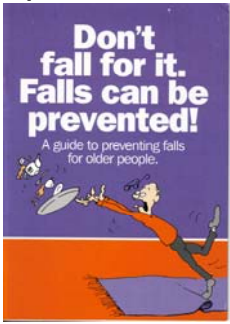
2007

- St George/Sutherland
- Dundas/Parramatta
- Liverpool



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## Falls prevention advice



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## Falls diary

Name: \_\_\_\_\_

PD-STABLE Falls Diary  
April 2007

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
|        |         |           |          |        |          | 1      |
| 2      | 3       | 4         | 5        | 6      | 7        | 8      |
| 9      | 10      | 11        | 12       | 13     | 14       | 15     |
| 16     | 17      | 18        | 19       | 20     | 21       | 22     |
| 23     | 24      | 25        | 26       | 27     | 28       | 29     |
| 30     |         |           |          |        |          |        |

At the end of the month please pull out this page and place it in one of the envelopes.  
No stamp is required  
Then post the envelope  
Thank you

Please mark the calendar with  
**F** if you have a fall      **H** if you are admitted to hospital

If you have any questions please contact

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## Home exercise




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### Home exercise



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### Home exercise



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### Exercise class

[Video](#)

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### Research team

Dr Colleen Canning – The University of Sydney  
 Dr Catherine Sherrington – The University of Sydney  
 Prof Stephen Lord – POWMRI  
 Dr Victor Fung – Westmead Hospital  
 Ms Natalie Allen – The University of Sydney  
 Dr Jacqueline Close – POWMRI  
 Dr Mark Latt – Royal Prince Alfred Hospital

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|                                      |   |
|--------------------------------------|---|
| 2007                                 | 2008 - 2010   |
| Parkinson's<br>NSW Research<br>Grant | National Health<br>and Medical<br>Research Council<br>(NHMRC) |
| \$19,880                             | \$574,000   |

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### Aims

- Determine the efficacy of an exercise program in reducing rate of falling in people with Parkinson's disease.
- Establish the cost effectiveness of the program from the health providers' perspective



## 230 Volunteers needed

- Diagnosis of Parkinson's disease
  - Aged over 40 years
  - Able to walk on your own  
(with or without a walking aid)
  - Have a stable response to medication
- 



## 2008

- Blue Mountains
- Macarthur
- Many more groups in Sydney metropolitan area

## 2009

- Many more groups in NSW regional centres
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## CONTACT

**Ms Natalie Allen**  
9845 5538  
0405 500 802

**Dr Colleen Canning**  
9351 9263  
0415 300 337

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## Thanks

Parkinson's NSW

Participants

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