

Benefits of Dancing on Parkinson's Disease

- ❖ Increased Endurance
- ❖ Decreased Risks of Falls
- ❖ Increased Executive Functioning
 - ❖ Increased Mobility
 - ❖ Increased Balance
- ❖ Improved Freezing of Gait
 - ❖ Improved Coordination
 - ❖ Enhanced Self-Efficacy
 - ❖ Increased Quality of Life
- ❖ Enhanced Social Interaction
- ❖ Decreased Motor Symptoms
 - ❖ Increased Gait Speed

References

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Steps to Coordinate a Dance Community Event

- ❖ Gather a team to help assist with coordination of event
- ❖ Select a date that works best for your clients
- ❖ Select a time of the day- Base this off of “off” times of medications or communicate with clients about the best time of the day. Typically, this is earlier in the day.
- ❖ Select a venue with the open date and time available that is handicap accessible or at least easily accessible for clients with assistive devices. Venues can be found within the local dance studios, churches, fire departments, schools, etc.
- ❖ Choose songs that are fun and appealing
- ❖ Create the dances- This can be a very difficult stage. I used YouTube for inspiration, but then adapted the dances in order to better meet the needs of my clients
- ❖ Practice, Practice, Practice!
- ❖ Create advertisement- I created flyers using <https://www.fotojet.com> and simply replaced the generic information with information about the dance which includes the date, time, venue, a limited description, and my contact information for questions.
- ❖ Advertise to local Parkinson’s support groups and businesses that support the organization you are dancing for. For example, I focused on Parkinson’s awareness. I contacted Northeast Tennessee Parkinson’s Support Group through their Facebook page or contacted the Health Resources Center of Johnson City at 423-951-5200. This is a very important aspect of the project and needs to be done throughout the steps of coordinating the event. Other ideas of advertisement include radio ads, newspaper, or social media.
- ❖ Ensure volunteers for the dance to assist with mobility for those clients without caregivers present with them.
- ❖ Confirm date and time with venue
- ❖ Remind guest the day of the event
- ❖ Set up for the event! I set up enough chairs for the clients and volunteers in rows so that the chairs were in between each other so that every client could see the instructor.
- ❖ Just Dance! Remember to have fun! The dances do not have to be perfectly coordinated or clean cut.

Dance Steps

I Feel Good

There were not many adaptations on this song other than the dance was done seated in order to provide safety for those with balance issues. This dance is based off of the “Just Dance” game version of this song. The dance steps included are as followed:

- Start dance with arms down by side and move above head while keeping the elbows straight and arms out by the side.
- Then have arms down in front of chest with fisted hands and push to the left first twice, then the right twice. The arm to the side you are going will be straight out to the side and then the opposite arm will be straight across the chest.
- Trophy hands- This movement is done by clasping hands together in front of chest and bouncing them off each shoulder twice while going to the right first and then the left.
- When the dance says “I got you” the clients will point forwards on the word “you” and then point from left to right with the right hand on the beats of the song.
- During the instrumentals, the clients will do the Charlie Brown move where they will cross their arms to place them on their knees which are together and then uncross the arms and open the legs.
- After that, the monkey move will be to turn to the left first and then raise the left arm first in a floppy, loose movement and then down and then repeat with the right arm. After this is done 4 times, the clients will turn to the right and start with the right arm and repeat.
- Next, the clients will slide their feet apart while sitting to the left first and perform jazz hands which is the arms out to the side with the left hand up and out and the right hand down and out while wiggling the fingers to the best of their ability and then repeat to the right side.
- The dance ends with spirit fingers which is arms down by the side and moving the arms to above the head while keeping them out to the side and wiggling the fingers quickly.

See video number 1 for demonstration!

Can't Stop This Feeling

This dance is lightly based on a YouTube dance, but has been adapted and slowed down in order to make more feasible for individuals with Parkinson's disease. The dance was done seated, but individuals are encouraged to engage the core during this dance by keeping it tight and movements very clean.

- The dance begins by nodding the head to the right for an 8 count measure and then repeated to the front.
- Next, the client will snap their fingers while waving their arms from their side to above their head.
- Scissor hands- this movement is done by placing arms above head and crossing arms in a very floppy fashion.
- Bird motion- Place arms out by side and flap them like a bird in an up and down motion.
- Sunshine arms- From arms in lap, the client will cross their arms, move to above their head, and then arms out by the side all while connecting the placement of the arms.
- Roll- Place arms one on top of the other and rotate around each other
- Back Stroke- Start with arm down to the side and then bring forward to out in front and then above head, and then follow through with going beyond the head while keeping the elbows straight.
- Sprinkler- Place one hand on head and the opposite hand out to the side and then bounce the hand that is outstretched until it crosses the body.
- Disco- Place one hand on the same side hip and then the opposite hand above the head and out to the side. The movement is crossing the outstretched arm across the body while pointing the index finger.
- Mariah Carey- Client pretends to have ear piece and holds one hand to the same sided ear and then the opposite is above head and wiggles like dancing to the music while singing "OOOH!"

See video 2 for demonstration!

Better When I'm Dancing

"Better When I'm Dancing" is a Zumba style dance that was adapted by allowing the clients to sit during the dance and the movements were slowed down in order to allow the clients to keep up with the tempo of the dance. The descriptions of the movements are as followed:

- Roll Arms-Place arms on top of each other and rotate around each other.
- Windshield Wipers- Bend elbows and wave from side to side going to the right first and then left
- Pump- Make a field goal post or touchdown signal with arms out by the side of the body, elbows bent, and fists to the ceiling. To make the pump movement, bend the forearms and fists towards the ground.
- Wave arms- With arms in a touchdown position, wave arms from side to side going to the right side first and then left side.

See video 3 for demonstration!

Macarena

The only adaptation made to this dance was to have the client seated during the dance. The dance moves are simple and very repetitive. The movements are as followed:

- Place right hand out in front with palm down, place left hand out in front palm down
- Flip right hand over palm up, flip left hand over palm up.
- Right hand to left shoulder, left hand to right shoulder.
- Right hand to right ear, left hand to left ear.
- Right hand to left hip, left hand to right hip.
- Right hand to right hip, left hand to left hip.
- Shake body!
- Repeat.

See video 4 for demonstration!

Cupid Shuffle

This dance was adapted by having the clients hold onto the back of a chair with a volunteer or caregiver present by their side and gait belts available. The steps are as follows:

- Step to the right 4 steps
- Step to the left 4 steps
- Bring feet together and kick out feet and place heels on the ground. Start with right foot, bring feet together, and then left foot to heel touch.
- Then step side to side and shake the whole body.
- Repeat!

See video 5 for demonstration!

Tips, Tricks, and Ways to Improve

- ❖ Refreshments were a great way to promote socialization and allow individuals time to get to know one another before dancing together as a group.
- ❖ Make sure to schedule the dance early in the day or in between “off” times.
- ❖ To challenge the clients, the clients could use weights on the wrists or theraband to provide resistance for the legs or arms.
- ❖ Create a dance contest to promote more involvement and positive interaction.
- ❖ Provide a feedback form after the dance to receive official feedback from the participants on how to improve.
- ❖ Have various tempo songs such as slow songs or faster songs and have various genres of music to provide diversity during the dance.
- ❖ Challenge their safety! If you can ensure that the individuals are safe, allow them to stand even when they have balance concerns to address these concerns.
- ❖ Have back up songs or extra dances in case the dances go faster than expected.
- ❖ Watch for signs of fatigue and acknowledge those signs with short water breaks.
- ❖ Make sure the venue is easy to find or provide good demonstrations!
- ❖ Have activities to do during breaks or ice breaker activities to promote interactions
- ❖ During interventions, take into account movements the client struggles with and adapt them as necessary.