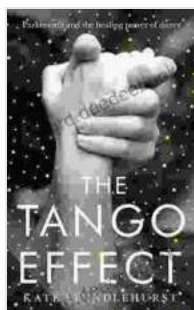


Parkinson's and the Healing Power of Dance

Parkinson's disease is a neurodegenerative disorder that affects the central nervous system. It can cause a variety of symptoms, including tremors, rigidity, slowness of movement, and balance problems. While there is no cure for Parkinson's, there are treatments that can help to manage the symptoms.

Dance has been shown to be an effective treatment for Parkinson's disease. It can help to improve balance, flexibility, and coordination. It can also help to reduce tremors and rigidity. In addition, dance can help to provide a sense of community and support for people with Parkinson's.

There are a number of different types of dance that can be helpful for people with Parkinson's disease. Some of the most popular types include:



The Tango Effect: Parkinson's and the healing power of dance by Kate Swindlehurst

★★★★☆ 4 out of 5

Language	: English
File size	: 5271 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 143 pages

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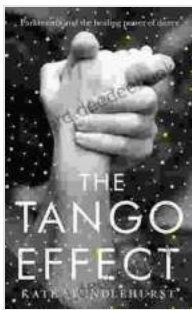
- **Ballroom dancing:** Ballroom dancing is a great way to improve balance and coordination. It can also help to reduce tremors and rigidity.
- **Folk dancing:** Folk dancing is a fun and energetic way to get exercise. It can help to improve flexibility and coordination.
- **Line dancing:** Line dancing is a simple and easy-to-follow dance style that can help to improve balance and coordination. It can also be a great way to socialize.
- **Modern dance:** Modern dance is a more expressive form of dance that can help to improve flexibility, coordination, and balance.
- **Tap dancing:** Tap dancing is a fun and lively way to get exercise. It can help to improve coordination and balance.

If you are interested in trying dance as a treatment for Parkinson's disease, there are a number of resources available to help you find a class.

- **The Parkinson's Disease Foundation:** The Parkinson's Disease Foundation offers a number of resources on dance and Parkinson's, including a directory of dance classes for people with Parkinson's.
- **The National Dance Association:** The National Dance Association offers a number of resources on dance and Parkinson's, including a directory of dance classes for people with Parkinson's.
- **Local dance studios:** Many local dance studios offer classes for people with Parkinson's. You can find a local dance studio by searching online or by asking your doctor for a referral.

Dance is a powerful tool that can help to improve the lives of people with Parkinson's disease. It can help to improve balance, flexibility, coordination, and strength. It can also help to reduce tremors and rigidity. In addition, dance can help to provide a sense of community and support for people with Parkinson's.

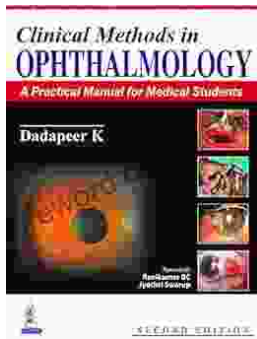
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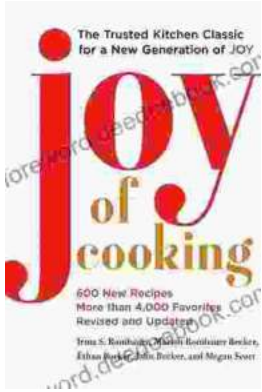
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