

EFFECTS OF A ONE-WEEK INTENSIVE PSYCHOMOTOR PROGRAM IN PARKINSON'S DISEASE ACROSS DIFFERENT SEVERITY LEVELS

AIM

This study aimed to evaluate the effects of a one-week individualized psychomotor rehabilitation program in patients with Parkinson's disease (PD).

METHODS

Study type:

A retrospective observational study.

Participants:

This study was conducted on 90 inpatients with PD, stratified into **mild**, **moderate**, and **severe** groups (n = 30 each) according to the UPDRS-II scores.

Table 1. Participant Characteristics

Group	n (sex)	Mean Age (SD)	Disease Duration (years, SD)
Mild	9F, 21M	67 (8)	4 (3)
Moderate	11F, 19M	72 (6)	10 (3)
Severe	13F, 17M	76 (5)	15 (4)

Intervention:

The intervention combined psychological support, patient and caregiver education, cognitive stimulation, and 90 minutes of daily physical exercise (mobilization, stretching, strengthening, gait, and balance training).

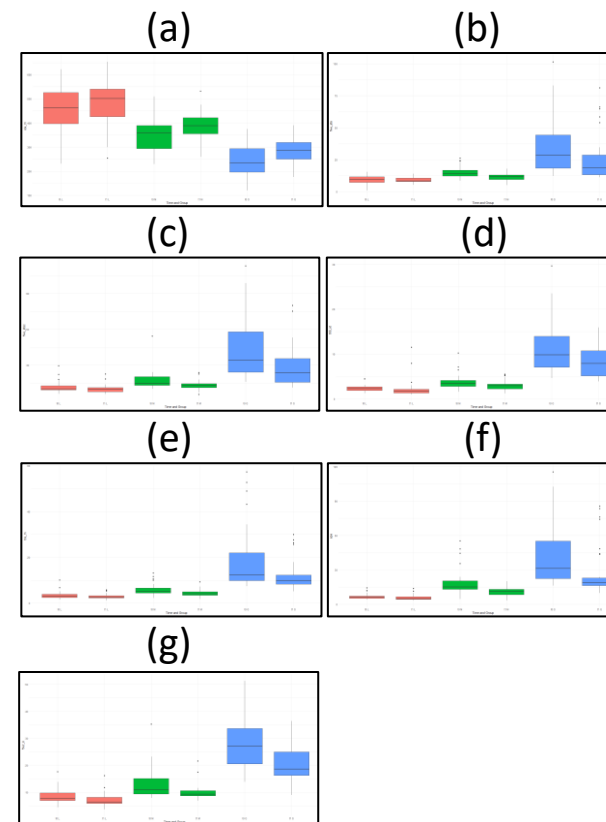


Outcome measurements:

Motor performance was assessed before and after intervention using the (a) Six-Minute Walk, Five Times Sit-to-Stand (b) single and (c) dual-task, (d) 360° Turn, (e) Three-Meter Backward Walk, (f) Stand-Prone-Stand, and (g) Four-Square Step tests.



RESULTS



All groups demonstrated significant improvements across all motor outcomes ($p < 0.001$), with large effect sizes.

Patients with severe PD showed the greatest relative gains compared to those with mild or moderate disease.

CONCLUSIONS

A short, intensive psychomotor program can promote motor improvements in patients with PD across severity levels, while supporting awareness of functional capacities and adaptive strategies for daily living. The greater benefits observed in severe PD may reflect both a larger margin for improvement over a short period and limited prior exposure to movement, which could lead to underestimation of their capabilities.

Such programs hold potential to encourage sustained engagement in rehabilitation.