Abstract

Author: Klára Plichtová
Institution: Rehabilitation, Faculty of Medicine in Hradec Kralove
Title: Aerobic Capacity Influence Possibilities in Parkinson’s Disease Patients
Supervisor: Martina Hoskovcová, MD
Number of pages: 101
Number of attachments: 7
Year of defense: 2013
Key Words: Parkinson’s Disease, Aerobic Capacity, Aerobic-strengthening Circuit Training, Xbox 360, Kinect, The Biggest Loser Ultimate Workout

Summary: The thesis deals with the possibility of influencing aerobic capacity in patients with Parkinson's disease through aerobic-resistant training. It compares two forms of training, a real one (group aerobic-resistant circuit training) and a virtual one (Xbox game console and Kinect sensor). To assess the effect of aerobic-resistant training following assessment was used: spiroergometric examination, UPDRS III motor score, 6MWT, MINI BESTest, PDQ-39 and lower limb muscle strength measuring. The study group included 8 patients with Parkinson's disease. The thesis confirms in a case report form the results of recently published studies that recommends aerobic-resistant training in patients with Parkinson's disease and briefly discusses the advantages and disadvantages of both examined forms.