

Natureza do trabalho: Resumo

TÍTULO

CASE STUDY: FUNCTIONAL EVALUATION AND PHYSICAL THERAPY IN PARKINSON'S DISEASE

LUANA MANFIO DOS SANTOS, LYNSE DO PRADO NUNES, ADRIANY MONTRIEL ALMEIDA; CYNTHIA LETICIA BATISTETTI, ANGELA CRISTINA LIMA.

CENTRO UNIVERSITÁRIO DA GRANDE DOURADOS, DOURADOS, MS, BRASIL

RESUMO

Introduction: Parkinson's disease is a degenerative disease, chronic and progressive of central nervous system, resulting from the degeneration of neurons located in the black substance of the midbrain, responsible for the secretion of dopamine, a neurotransmitter that participates mainly in the control of automatic movements. **Objectives:** The objective of this study was to report developments in the case of a parkinsonian patients in which the physiotherapy intervention was directed to the physical and motor dysfunction. **Material and Methods:** This is about a study case of a patient with Parkinson's disease. The evaluation instruments consisted of unified scale evaluation of Parkinson's disease (UPDRS), Mini Bestest and "GET UP & GO" test. **Results:** The case report was composed by a woman aged 57, with a diagnosis of Parkinson's disease of one year, in use of Prolopa, which had as comorbidities a high blood pressure, diabetes Mellitus, hypothyroidism, arthritis in the knee joints, shoulders and cervical spine, with important physical and motor disorders related to Parkinson's disease, with Hoehn & Yahr to 2.5. We evaluated the functional activities, postural stability and mobility of the patient concerned, in the beginning and after 4 months of treatment. The physical therapy intervention proposals turned to mobility exercises, balance, postural correction, dual-tasking, strengthening exercises and activities with the rhythmic music help. In UPDRS scores related to the field activities of daily living an improvement of 4 points and the scores related to the motor exam domain the improvement was marked on 11 points. Another important point of the evaluation was the postural instability observed in one foot, which was unable to maintain the position for at least 5 seconds. **Discussion and Conclusion:** It was possible to observe an improvement mainly in the motor domain after physical therapy, suggesting that regular physical therapy can maintain, improve and extend the quality of life of individuals with Parkinson's disease in mild to moderate stage. However, the overall goal of physical therapy is not only to treat the disorders already presented by the patient at the time of evaluation but also be aware of the possible evolution of the framework and establish prevention targets trying to delay the most possible complications, as much as possible.

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