Parkinson Association of Alberta

Hope CONFERENCE

Dr. Daniel Corcus

THE EXERCISE PRESCRIPTION FOR PARKINSON DISEASE

There is compelling evidence that exercise must be part of main line therapy for people with Parkinson disease. In this presentation, Dr. Corcos outlines the four key components of exercise: aerobic, resistance, flexibility, and neuromotor exercises (posture, gait, balance, and agility) that can improve both motor and non-motor symptoms of the disease and, in the case of aerobic exercise, may delay the disease progression.

ABOUT DR. CORCUS

Daniel Corcos obtained his PhD (1982) in Motor Control from the University of Oregon after obtaining his Master's Degree in Psychology (1980). His primary research interests are aimed at helping people with Parkinson disease improve their quality of life, mobility and cognition. Integrating neuroscience and expertise in conducting clinical trials, he focuses on interventions (such as resistance exercise, endurance exercise, stretching and balance training) that aim to reduce the signs and symptoms of the disease and delay the rate at which the disease progresses. Within this context, Dr. Corcos uses exercise interventions whose dose (frequency, intensity, time, and type) can be precisely controlled to achieve these goals and thereby develop and integrate laboratory-based interventions that people with Parkinson disease can employ in their local community. Dr. Corcos lectures nationally and internationally to physicians, neuroscientists, and people with the disease on the benefits of exercise for those with Parkinson disease.