

## Studien zu Yoga bei Bewegungsstörungen

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### **Effect of a yoga programme on an individual with Parkinsons disease: a singlesubject design.**

To investigate the effect of eight weekly yoga sessions on balance, mobility and reported quality of life of an individual with Parkinsons disease (PD). Furthermore, to test the methodology in order to inform future research. A 69-year-old female with an 8-year history of PD (Hoehn and Yahr rating two) was selected for the study, which had a single subject ABA design. A 1-week baseline was followed by an 8-week period of weekly 60 min yoga classes and a further 5 weeks of treatment withdrawal. Main outcome measures used were Berg Balance Scale (BBS), Timed Up and Go (TUG) and the Parkinsons Disease Questionnaire-39 (PDQ-39); collected at baseline, before, during and after the intervention and at follow-up. An improvement was noted in the BBS and TUG during the intervention phase; although these changes did not appear to be clinically significant. No change in quality of life as measured by the PDQ-39 was noted. The objective improvements in functional activities during the intervention period were not clinically significant. Subjectively, the participant gained much enjoyment and relaxation from the yoga classes. This study justifies the need for further studies using a larger sample size.