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Outcome of andullation therapy in an elderly patient with Parkinson's disease

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Background and Aim: Parkinson's disease (PD), the prevalence of which increases by age, is a progressive, complex neurodegenerative disorder causing difficulties in mobility and posture. As body function and daily activities deteriorate even with optimal medical therapy, rehabilitation therapies have been included as an adjuvant. Andullation, a biophysical therapy method based on oscillating all fluids in the body, has an effect on stimulating the autologous self-healing mechanisms and activate the blood and lymph circulation. Random whole-body-vibration was shown to improve motor symptoms in PD. Outcome of andullation therapy in an 81-year-old male patient with PD was presented.

Method: Medical history, findings of physical examination, diagnostic procedures, and outcomes of management of an 81-year-old male patient were given.

Results: An 81-year-old male patient was consulted to Physical Therapy and Rehabilitation and Neurology physicians for dizziness, stumbling, and right shoulder pain, three years ago. As range of motion was limited in both shoulders, he received 15 sessions of physical therapy and continued with exercises at home to preserve gait and balance. Bilateral rigidity, bradykinesia, and gait in anteflexion were found in neurological examination. Cerebral magnetic resonance imaging showed minimal cerebral and cerebellar atrophies. Vertebral arteries were normal and there was intima media thickness in both carotid arteries in Doppler ultrasound. He was diagnosed for Parkinson's disease and started on 0.5 mg of levodopa three times a day for a month, then continued with 1 mg of levodopa three times daily. No deterioration was found during annual follow-ups. He was recommended andullation therapy to improve the symptoms and received two 14-day sessions for PD with a 14-day interval. Rigidity and bradykinesia were slighter, and his movements were easier and faster after the sessions. There was no need to increase the levodopa dose after three years of treatment.

Conclusion: Andulation therapy may have a positive effect on the need to increase the levodopa dose after three years of treatment.