

Study of elderly males with Parkinson's Disease

In a study by Baatile et al. (2000), 16 x 72-year old veteran males with Parkinson's Disease carried out an 8 week-training programme three times weekly for 60 minutes per session. The researchers concluded that a regular nordic walking exercise program increased the perceived functional independence and quality of life in individuals with Parkinson's Disease.

The aim in the study by Parkatti et al. (2002) was to examine the benefits of Nordic walking on functions important to everyday life among older sedentary individuals in Virginia, USA. Altogether 18 x 73-year old (62-87 years) persons participated. They exercised by Nordic walking for 60 minutes twice a week for 12 weeks (10 minutes warm-up, stretching in the middle and cool-down at the end). The functional capacity battery of tests before/after intervention included: chair stand, chair sit and reach, arm curl, scratch test, 2 minutes step in place and "up and go" used. A health questionnaire was also used. The results on all the functional tests were statistically significantly better after training. The study showed that Nordic walking is suitable for elderly persons, and had a positive impact on functional capacity.