

The efficacy of eaulier rehabilitation therapies in 44 patients with Parkinson's disease

Cheung Chun Luke

Dalian Eaulier Hospital, China

Aim:

To observe the efficacy of Eaulier rehabilitation therapies in treating Parkinson's disease.

Methods:

From September 2013 to December 2015, 44 patients with primary Parkinson's disease were treated with Eaulier rehabilitation therapies. The changes in the patients' symptoms and signs, including resting tremor, stiffness, bradykinesia, postural and gait abnormalities, facial expressions, fine hand movements, insomnia, as well as constipation, were observed, and efficacy of the therapies was evaluated based on the symptoms, signs and Webster ratings. Data obtained were statistically processed. Measurement data was analyzed with t-test and enumeration data with χ^2 -test. If $p < 0.05$, there are significant differences.

Keywords:

Eaulier, rehabilitation, rehabilitation hospital, Parkinson's disease, micro-current, low- and intermediate- frequency current

Results:

After treatment, the patients' symptoms and signs, including resting tremor, stiffness, bradykinesia, postural and gait abnormalities, dull facial expressions, inflexible fine hand movements, insomnia, as well as constipation, have all shown rather remarkable improvement. Their ADL levels have increased significantly, standing at 71.76 ± 8.13 before and 90.97 ± 9.57 after treatment ($p < 0.01$). Mini-Mental State Examination (MMSE) results were 26.84 ± 2.22 before and 27.66 ± 1.23 after treatment ($p < 0.05$). Webster's evaluation results were 13.85 ± 4.76 before and 7.89 ± 2.31 after treatment ($p < 0.01$). Hamilton Anxiety Rating Scale was 51.99 ± 7.37 before and 50.75 ± 7.68 after treatment ($p > 0.05$). Symptoms and signs such as dull facial expressions, inflexible fine hand movements, insomnia and constipation have all shown rather remarkable improvement.

Parkinson's disease (PD) is a common, chronic, slowly progressing and insidious degenerative disease of the nervous system. It usually occurs among the middle-aged and the

elderly, especially those aged above 65. The prevalence rate of PD in people aged above 65 is 1.7%. PD is also the fourth most common neurodegenerative disease among the elderly, leading to symptoms such as resting tremor, stiffness, bradykinesia, as well as postural and gait abnormalities. The disease progresses gradually, seriously affecting the quality of life of the patients and bringing about a heavy burden to their families and society. Currently, there are no significantly effective therapies for PD. Levodopa, Sifrol, Artane and Amantadine are usually used to treat the disease, but their effectiveness is uneven. Moreover, they become less effective after long-term usage and may cause motor fluctuations, abnormal actions, illusion, schizophrenia and other serious side effects. The Eaulier rehabilitation therapies we have used to treat 44 PD patients have led to rather significant improvements. The treatment results are reported below.

Conclusion:

Eaulier rehabilitation therapies have good efficacy in treating Parkinson's disease. They don't cause any side effects, are simple to administer and are worth promoting.

Discussion:

PD is a common chronic nervous system disease that usually occurs among the middle-aged and the elderly especially among the age group above 65, where the prevalence rate of PD is as high as 1.7%. PD is also the fourth most common neurodegenerative disease among the elderly. The major symptoms are resting tremor, stiffness, bradykinesia, as well as postural and gait abnormalities. The disease comes on insidiously and progresses gradually, usually becoming more and more severe and seriously affecting the quality of life of the patients, bringing about a heavy burden to their families and society. The treatment of PD has always been widely recognized in the world's medical circle as a difficult problem, and currently, there is no significantly effective cure for the disease. L- Dopa and dopamine receptor agonist are usually used in clinical treatment of PD, but their effectiveness is uneven. Moreover, these drugs become less effective after long-term use and may bring about grave side effects such as motor fluctuations, abnormal actions, illusion and schizophrenia.