

Effect of health Baduanjin Qigong for mild to moderate Parkinson's disease.

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AIM: We investigated the effectiveness of Baduanjin Qigong on symptoms related to gait, functional mobility and sleep in Parkinson disease (PD) patients.

METHODS: 100 patients (age 67.53 ± 8.56 years, range 55-80 years) with mild to moderate PD were randomly assigned to two groups. Participants in the Baduanjin Qigong group (BQG) received a Baduanjin Qigong program, consisting of four 45-min sessions each week and daily walking 30 min for 6 months. Participants in the control group carried out daily walking for 30 min. Pre- and post-intervention tests were carried out to assess sleep quality, fatigue, functional mobility and gait performance in these participants.

RESULTS: After the 6-month Baduanjin Qigong intervention, BQG showed sleep quality improvements in the Unified Parkinson's Disease Rating Scale score ($p=.049$), Parkinson's Disease Sleep Scale-2 (PDSS-2) total score ($p=.039$), Motor Symptoms at Night (PDSS-2) score ($p=.039$), PD Symptoms at Night (PDSS-2) score ($p=.029$), Disturbed Sleep (PDSS-2) score ($p=.037$). BQG showing functional mobility capacity greater improvements in the Berg Balance Scale ($p=.041$) and 6-minute walk test ($p=.042$), and greater decrease in the Timed Up & Go (s; $p=.046$). BQG showing gait function increased gait speed (m/s; $p=.011$). However, this was not the case for the control group, which remained at the same level as pre-test performance.

CONCLUSIONS: In older adults with PD, Baduanjin Qigong improved gait

performance, functional mobility and sleep quality at the 6-month follow up. It is an alternative home exercise program for older adults in rehabilitation for PD. PMID: 26310941 [PubMed - as supplied by publisher]