

Theoretical-practical basis of a new re-educational activity for Parkinson's and Alzheimer's patients

Bressan L⁽¹⁾

⁽¹⁾Department of Neurorehabilitation, Hospital Bassini, Milan, Italy

This article explains the theoretical-practical basis of a new re-educational activity for Parkinson's and Alzheimer's patients.

Expressive Therapies (*Art- Music- and Dance Therapy*) can effectively perform in Alzheimer's and Parkinson's Diseases, maintaining the highest level of Life Quality (LQ), despite the gradual progress of disease, because are preferred access route to limbic brain.

In particular, music offers rhythmic stimuli and mnemonic-imaginative cues that can help reducing Parkinson's motor deficiencies, both regarding imagery and real movement. Music further represents an interpretative framework against anxiety and it promotes positive feelings, strengthening focus capabilities and motivation in Alzheimer's patients.

Another our re-educational activity for Parkinson's and Alzheimer's patients, employs special trained dog handler teams, selected for their attitude and ability, as a characteristic element of re-educational session.

The method includes cycles of osteopathic manual treatments for the rigidity of Parkinson's patient and the related pain. At rigidity and global body flexion are related muscular-skeletal pain due to the spinal roots compression.