ABSTRACT:

Title: The effect of argentine tango training for patient with Parkinson's disease

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Background: In this study, subjects were randomly assigned two groups of ten each and one group attended 1-hour sessions per week, completing 20 lessons within 2 weeks of argentine tango training and other group completed kitchen-sink exercises. Balance and gait were evaluated in the weeks immediately before, immediately after, and 2 weeks after the intervention. Both groups significantly improved on the POMA scale. But, however the effect is to be noticed in between the groups.

Methodology:

Study design: experimental study

Study setting: Parkinson's disease supportive group at Rajkot.

Sampling technique: Convenient sample technique.

Study population: Parkinson's patient

Study sample: 20

Study duration: over span of 2 weeks.

Results and Discussion: In this study, out of 20 lessons twice a week, at the end of completion pre score and post score was taken in consideration. The study has shown no significant difference in effect of argentine tango training on patient with Parkinson's diseases. There is a clear need for additional research using larger sample sizes to examine the potential long-term effects of dance for those with PD.

Conclusions: There is no significance difference in the effect of argentine tango training on patient with Parkinson's disease.

Key words: PD, Dance, Argentine Tango training, Balance & Gait, POMA.