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Perceived Effects of Ballet and Movement-Based Interventions for Parkinson's Disease

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Abstract.

The purpose of this study was to examine the effects of using dance as an intervention for individuals with Parkinson's Disease (PD). A phenomenological design was used to gather data regarding the shared phenomena of participation in a Parkinson's Ballet class. Participants included dancers with PD, currently participating in two separate Ballet programs. They were invited to attend one of two separate focus groups that were held at each dance studio. After the researchers attended the ballet class, a qualitative, semi-structured, focus group method was implemented. This involved the participants answering open-ended questions aimed at gaining information on their experience to facilitate an in-depth discussion of issues and the generation of rich data. The identified themes demonstrated that the benefits of participation in a dance class designed for individuals with PD go beyond just physical outcomes and involve holistic improvements including social, emotional, and cognitive benefits. These areas fall within the scope of occupational therapy (OT).