



Satisfaction and perceived usefulness of a Boxing group exercise class at the Parkinson Patient Association

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INTRODUCTION

Boxing is a promising new group intervention for people with Parkinson Disease (PD), shown to be safe and feasible [1]. It is an effective group exercise in improving gait velocity and endurance [2]. As community boxing exercise programs spread globally, fundamental questions arise on how and where such programs should be implemented.

OBJECTIVE

To assess the **satisfaction, preferences, and usefulness** regarding participation in a PD-specific boxing exercise group at baseline and 6-months follow-up.

METHODS

Participants received one boxing group session per week. After 6 months, participants completed an online anonymous questionnaire evaluating: (1) demographic and clinical information; (2) participants' satisfaction and preferences; (3) perceived barriers and facilitators; (4) perceived benefits; (5) adverse events; (6) reasons of absences; (7) interest in continuing to participate; (8) usefulness of the program; and (9) if they would recommend it to another person.

Boxing sessions consisted of different high-amplitude, multidirectional movements with increasing complexity and speed. Cognitive exercises were added targeting attention, working memory and executive function.

RESULTS

Eight participants responded to the questionnaire at follow-up. All participants (mean age 65 years old) had a diagnosis of PD, for average mean age of 6 years, HY I-III. Participants were **“very satisfied” (70%)** or **“satisfied” (30%)** with the program; had favorable perceived benefit/usefulness (70% very useful; 30% moderately useful) and all referred that they were **willing to continue** and would **recommend it to others**. No adverse effects were reported. Perceiving the health benefits and having easy access, were the main facilitators to participate. Reasons for absence included: unexpected medical problems (2), family issues (1), medical appointments (1) and work-related issues (1).



CONCLUSION

Our results suggest that boxing group training was well received by this group of individuals. It may represent an alternative salient exercise mode of training in PD.

REFERENCES

- [1] Combs SA, Diehl MD, Staples WH, et al. Boxing training for patients with Parkinson disease: a case series. *Phys Ther* 2011; 91: 132-142.
[2] Combs SA, Diehl MD, Chrzastowski C, et al. Community-based group exercise for persons with Parkinson disease: a randomized controlled trial. *NeuroRehabilitation* 2013; 32: 117-124.