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An Online Adapted Yoga Program for Adults with Parkinson's Disease

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Background

- Parkinson's (PD) is a neurodegenerative disorder affecting nearly 10 million people and ~1 million Americans (Parkinson's Foundation, 2022).
- PD affects motor and nonmotor functions, increasing disability over time (Dutta, 2020).
- Research shows that yoga improves motor function, balance, and functional mobility, reduces anxiety and depression, and increases QoL for patients with PD (Ban et al., 2021, Green et al., 2019).

Problem

Individuals with PD experience decreased function in many areas of occupational performance and **lack access to** alternative options for yoga, such as a resource for an online adapted yoga program.

Purpose

The purpose of this project was to **develop an online adapted yoga program** resource for people with PD to assist in incorporating yoga into their daily routine and sustain their practice.

Methods

Pre-Development Phase:

- Performed content analysis on current online adapted yoga programs
- Analyzed various online platforms
- Observed and participated in adapted yoga classes at Meadowlark Hills Retirement Community.

Planning Phase:

- Selected online platform.
- Analyzed observation notes and made decisions about content.
- Developed an outline for the protocol of the adapted yoga program.

Development Phase:

- Chose the font style, size, and color palette to create appropriate aesthetics for the resource.
- Developed an adapted yoga program utilizing resources from the first two phases.
- Developed the program's structure to fit the platform's design

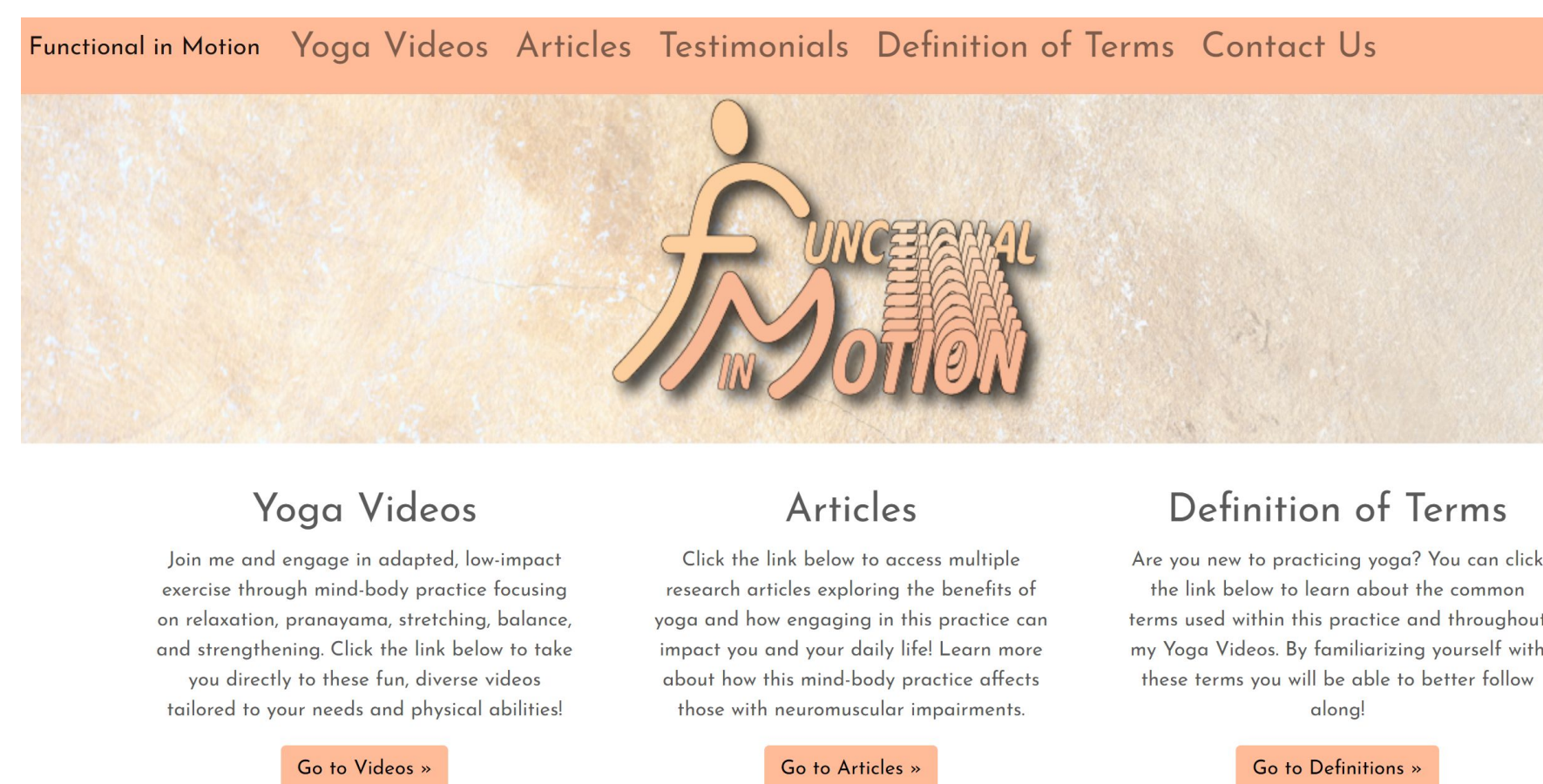
Recording Phase:

- Acquired a professional studio room to record yoga videos for the online resource.
- Reviewed videos with the capstone project team and registered yoga instructors.

Test/Launch Phase:

- Uploaded video footage from the recording phase.
- Collaborated and gained feedback from experts (capstone project team).
- Made final edits to the online resource.

Project



Video	Outline of Yoga Session
Video 1	<u>Chair</u> → participants who have restrictions with balance and mobility and will be seated throughout session
Video 2	<u>Chair & Standing</u> → participants who can intermittently stand with use of chair/props for support to challenge balance, with adaptations to address balance restrictions, muscle tightness/weakness
Video 3	<u>Floor</u> → participants who are able to transition to floor from standing, with use of props as needed and adaptations to address muscle tightness/weakness and core stability

Dissemination

- ❖ Scheduled to present this project at capstone experience site on **June 1st, 2023**.
- ❖ Incorporating the online adapted yoga program in a current research study to assist participants in sustaining their yoga practice at home.

References

