

# **How exercise complements pharmacological therapy in pd**

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This presentation explores the synergy between exercise and pharmacological therapy in managing Parkinson's disease (PD). It highlights the benefits of intense exercise, such as improved cardiovascular health, balance, posture, mood, and cognition. The presentation also discusses the role of irisin, a myokine that rises with exercise, in mitigating PD symptoms by restoring mitochondrial function and reducing oxidative stress. Additionally, it emphasizes the importance of choosing enjoyable exercises, using medications to enhance motor ability, and maintaining a positive attitude towards advanced therapies. Practical tips for integrating exercise into daily routines are provided

[Parkinsons Europe Exercise Hub](#)

[Cochrane review of Parkinsons and Excercise](#)

**HOW EXERCISE COMPLEMENTS PHARMACOLOGICAL THERAPY IN PD**

**OR**  
HOW MEDICINE CAN COMPLEMENT EXERCISE IN PD

**DR EVA BUNTING**  
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**click to view presentation**

A group of diverse people, including a person in a wheelchair, standing together.

The slide features a light blue background. On the left, the title 'HOW EXERCISE COMPLEMENTS PHARMACOLOGICAL THERAPY IN PD' is written in large, bold, black capital letters. To the right, the subtitle 'OR HOW MEDICINE CAN COMPLEMENT EXERCISE IN PD' is in smaller black capital letters. Below the subtitle, the presenter's name and affiliation, 'DR EVA BUNTING MOVEMENT DISORDERS CLINICAL FELLOW BRIGHTON AND KINGS', are listed in black capital letters. A large, semi-transparent grey box with the text 'click to view presentation' in bold black font is centered over the bottom half of the slide. The background of the bottom half shows a group of approximately 15 diverse people of various ages and ethnicities standing together, with one person in a wheelchair in the foreground.