



Bachelorarbeit

Zur Erlangung des Grades „Bachelor of Science“
im Bachelorstudiengang „Präventions-, Therapie-
und Rehabilitationswissenschaften“

Titel der Bachelorarbeit:

Welchen psychischen und physischen Effekt hat eine
Behandlung, die Musik und Physiotherapie kombiniert
anwendet, auf Parkinson Patienten?

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Ort, Datum: Schwieberdingen, 13. Dezember 2013

I. Abstract

Purpose: This study deals with a new therapeutic approach in the treatment of people, who suffer from idiopathic Parkinson's disease. The present paper investigates, whether and how the combination of music and physiotherapy affects this group of patients. Here, the focus is on the alleviation of the probands' psychological as well as their motoric restrictions.

Method: Between September 2013 and October 2013, 12 therapy units were held over a period of six weeks. There were two units a week, each for 45 minutes. Eight probands were treated, who were selected based on certain inclusion criteria. Latin-American dances as well as two waltz forms were chosen as suitable music types to facilitate the probands' physical movements. Examinations were held based on the questionnaire (UPDRS) at the beginning and at the end of the six weeks. Furthermore, a personal interview was conducted with each proband.

Results: Upon completion of therapy, it was ascertained that the probands' psychological restrictions were alleviated significantly: Motivation and initiative had improved, depression was reduced. The psycho-social constitution of the whole group had become more positive over the entire period of therapy.

Conclusion: The present paper constitutes the report on a research work that focused on the treatment of idiopathic Parkinson's disease with the combination of music and physiotherapy. The period of therapy was too short to achieve major positive changes. However, the results reached so far give good reason to hope that the idea of the therapeutic approach described in this study will lead to further progress in the treatment of Parkinson's disease.