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EFFECTIVENESS OF JACOBSON RELAXATION TECHNIQUE COMBINED WITH BALANCE EXERCISE FOR IMPROVING THE SLEEP QUALITY AND TO REDUCE THE ANXIETY OF FALL IN SUBJECTS WITH PARKINSON'S DISEASE

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Background: Individuals with Parkinson's disease, encounter a common non motor symptom as sleep a disturbance which indirectly reduces the balance. Most of the Parkinson affected individuals exhibit the anxiety, depression and fear of fall and reduce their sleep quality and again increase their anxious level. So, there is a need to take measures to improve the sleep quality and the anxiety of fall with treatment of Jacobson's relaxation technique and balance training.

Purpose: To evaluate the effectiveness of Jacobson Relaxation Technique combined with balance exercises in improving sleep quality and reducing anxiety of fall in subjects with Parkinson disease.

Methods and Materials: This pilot study included with total 10 patients are selected, allocated into 2 groups by a convenient sampling method, according to the selected inclusion and exclusion criteria. Group A treated with Jacobson's relaxation technique with balance training weekly 3 sessions for 45–50 minutes for 8 weeks. Group B treated with only balance training weekly 3 sessions 40 minutes for 8 weeks. Three outcome measures were taken as Pittsburgh sleep quality index (PSQI), Hamilton anxiety scale (HAM A) and Fall efficacy scale (FESI).

Result: Pre-test and post-test analysis was done. Statistical analysis shows that both groups were met with significant p value >0.0001. Comparing to GROUP B individuals in GROUP A shows more improvement. Within the group paired and unpaired t test are used to find the difference between the groups.

Conclusion: This study concludes that Jacobson's relaxation technique combined with balance training shows a significant effect on improving sleep quality and to reduce the anxiety of fall in subjects with Parkinson when compared to the balance training group. Limitations of this study were small sample size and recommendation is to include larger sample in future studies.

Keywords: Parkinson's disease, Jacobson, balance training, Fall efficacy scale, Pittsburgh Sleep Quality Index, Hamilton anxiety scale.