The Effects of Rock Steady Boxing on Cognition in Parkinson's Disease

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This study pertains to Parkinson’s Disease patients in Hoehn Yahr stages 1 and 2 participating in a boxing based therapy called Rock Steady Boxing. Patients were given the option of participating in the boxing or doing their normal amount of exercise for about 3 months. The researchers used many cognitive assessments before and after the intervention to measure cognitive abilities of each patient. The investigators found that patients who participated in the boxing therapy had better improvement in cognition when compared to the non-boxing patients.

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