

## Therapy concept "Parkinson Plus: Individually Integrative"

### Clinic for Geriatrics and Rehabilitation REGIOMED Klinikum Coburg

Diseases that can progressively affect quality of life and mobility are steadily increasing and affecting many people. Parkinson's disease, and a variety of other neurodegenerative diseases play a key role here.

Autophagy and autophagocytosis are recognized as a major physiological tool in prevention and treatment. Successful treatment of Parkinson Plus patients today goes far beyond purely medical care.

It contains many elements from a wide variety of disciplines, which can synergistically open up new opportunities in line with the wishes and goals of the individual patient.

An innovative treatment concept for each individual patient is always based on an individualized course of therapy, which is constantly re-adjusted on the basis of the previously performed diagnostic process including (re-) assessment (in a so called PDCA-/Shewhart-Cycle).

The integrative approach begins with getting to know each other, first with detailed personal, family and external history, physical examination, then the use of structured assessment instruments, medical diagnostics, optimization of the vital substance and vitamin status after laboratory and BIA diagnostics, and presentation for individual nutritional recommendations for the individual patient.

Continuous therapy-accompanying supervision complements and integrates numerous other methods at our center, always with the aim of achieving the highest possible quality of life.

Quality of life always involves respecting the autonomy, well-being and dignity of the individual. At the specialist center, more than 150,000 therapeutic interventions are performed each year.

The specialist clinic cooperates with universities, research institutes, support groups and educational institutions.

Our integrative and interdisciplinary overall concept involves a total of up to 12 different professions, enabling us to use numerous and complementary elements for the benefit of the Parkinson's patient:

- MTT using apparatus methods such as stochastic Vibration therapy, Nustep, treadmill u.a.
- Mobility training using treadmill, with music, clocks (apparatively supported), obstacle course, gfs. also with use therapy garden and with animal-based therapy
- Physiotherapy on a neurophysiological basis
- Ergotherapy sensomot., aid training, Facio-oral-tract-therapy (FOTT)
- Speech Therapy, LSVT (Lee Silverman Voice Treatment)
- Mobile Rehabilitation, Individual Housing Advice, Education Caregiver
- Hightone therapy HITOP
- Transcranial magnetic stimulation and DC stimulation
- Use of PC-based programs to improve speed, fine motor skills, use of spec. Gaming concepts (pc- and tablet based training methods), use of virtual reality, mobile
- Use of sound stones, dance therapy, music therapy, art therapy
- Nutrition consultation including neuromodulatory interval methods based on an individual metabolic type and bioimpedance analysis

Our "Parkinson PLUS - Concept" is continuously expanding in line with medical progress. If you have questions about the therapy concept "Parkinson PLUS THERAPY: Individually Integrative", the coordinators of our therapy outpatient clinic will gladly give you information in the building of our specialist clinic (Tel .: 09561 227544).

Prof. Dr. Johannes W. Kraft – REGIOMED Klinikum Coburg, August 2019