

Dance as a rehabilitation activity

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Feasibility study · 2021 · 10 participants

Dance movement therapy in rehabilitation of Parkinson's disease - A feasibility study — Lihala and colleagues.

Findings: after two months of dance sessions, the researchers observed improvements in measures of cognition and quality of life.

Limitations: the study involved only ten participants and no control group. Changes in motor measures did not reach statistical significance. It does not establish the general effectiveness of dance or Beat Saber.

Sources and identifiers

Read the abstract on PubMed

<https://pubmed.ncbi.nlm.nih.gov/33992231/>

DOI

<https://doi.org/10.1016/j.jbmt.2020.06.032>

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