

Parkinson's Strong & Steady

The mission of the Strong & Steady Fitness and Support Groups is to empower ALL individuals affected by Parkinson's disease to strengthen and stabilize by fitness, support and education.

The organization provides Parkinson's patients the research-based physical fitness to improve and maintain mobility, function, gait, balance and mental sharpness. Likewise, we provide support and education to patients, families and caregivers.

Dr. Rebecca Lidstrom

Dr. Rebecca Lidstrom studied at and graduated from the Southern California University of Health Sciences. Dr. Lidstrom is currently on Faculty and a Lecturer at Arizona State University. She is instrumental in the advancement of care for those suffering from Parkinson's disease.

She is a friend to those suffering from a functional movement disorder.

The Challenge

Parkinson's disease is a degenerative movement disorder, with gradual deterioration of motor skills, balance, speech and sensory function. Although there is no cure currently for PD, there is active research to identify treatment of its major side effects. What research has identified is that exercise is affective in maintaining mobility and functionality of the Parkinson's patient and on-going studies pinpoint specific physical training components that are most effective. Specific training movements have the potential of re-routing brain messages into new pathways.

Parkinson's is a progressive movement disorder of the nervous system that affects movement. It is marked by tremors, muscular rigidity, and slow imprecise movements. Parkinson's affects motor skills, balance, speech and sensory function.

The Parkinson's Disease Foundation estimates that approximately 60,000 Americans are diagnosed with Parkinson's disease each year. This number does not reflect the thousands of cases that go undetected or unreported. More than 10 million people worldwide are living with Parkinson's disease. Strong and Steady Fitness and Support are dedicated to the fight against Parkinson's.

In our fitness program, exercises are adapted by proven research and methods. Trainees condition for optimal speed, agility, accuracy, muscular endurance, coordination, balance, gait and overall strength to defend against and conquer symptoms. At S&S, Parkinson's disease is an adversary and exercise is the ally. Exercises vary in scope and design but share one common trait: they are precise and intended to broaden the perceived capabilities of the participant. At the end of each session, trainees are encouraged to come together to share and socialize.

In our family and/or caregiver support groups each member can feel comfortable sharing their concerns regarding the disease and its effects. Sharing in your loved one's journey with Parkinson's disease (PD), means growing strong together, adapting your routine and supporting him or her as the disease progresses -- essentially, establishing a care partnership.

Sharing in your loved one's journey with Parkinson's disease (PD), means integrating the diagnosis together into your lives, adapting your routine and supporting him or her as the disease progresses -- essentially, establishing a care partnership.

The strong & steady Solution

Various studies in the 1980s and 1990s supported the notion that rigorous exercise, emphasizing gross motor movement, balance, core strength, and rhythm, could favorably impact range of motion, flexibility, posture, gait, and activities of daily living. More recent studies, most notably at Cleveland Clinic, focus on the concept of intense "forced" exercise, and have begun to suggest that certain kinds of exercise may be neuro-protective, i.e., actually slowing disease progression. Discovery of a cure may be many years away but there is compounding evidence that progress is made in all stages of the disease by those participating in programs such as Strong and Steady.