

# Autonomic Activity and Parkinson's

Our body's movement is affected by our ability to balance. If we cannot balance, seemingly simple tasks such as standing become impossible. This can make living our day-to-day life very difficult. For those who have Parkinson's Disease, postural instability is pervasive and can leave those suffering from feelings of helplessness.

Recently, studies have shown that there is a correlation between postural instability and autonomic nervous system function. In a recent study, heart rate variability (HRV), a measurement of nervous system adaptability, was compared among Parkinson's and non-Parkinson's patients. In the study, 76.5% of patients showed some level of autonomic nervous system dysfunction ranging from mild to moderate - demonstrating that nervous system adaptability is a crucial deficit in those most impaired by Parkinson's.

This correlation means that a health care plan that focuses on improving nervous system function is not only beneficial for Parkinson's patients by itself, but it also means that a properly functioning nervous system can help improve their stability and balance as a result! This leads to a higher quality of life!



**A health care plan that focuses on nervous system adaptability will help improve the overall health of those who have Parkinson's disease and help improve their stability and balance as a result!**

You, S., Kim, H. A., & Lee, H. (2020). Association of Postural Instability with Autonomic Dysfunction in Early Parkinson's Disease. *Journal of Clinical Medicine*, 9(11), 3786. doi:10.3390/jcm9113786



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