

Biberach, January 9, 2010

Parkinson's disease: Considerable improvement by high-frequent passive movement

I (57 years, secondary school teacher) got to hear the diagnosis the first time in fall 2006 and it didn't really surprise me anymore. My symptoms were clear: Insecurity in walking down the stairs, tremors while shifting a spoon to the mouth, difficulties with brushing teeth and with all movement motor skills at higher pace (e. g. stirring) as well as big problems in writing. All this affected only the right side. It reached the point, where I couldn't write on the blackboard anymore, the students helped me out with that, and when correcting the tests I had to draw every letter individually.

So I began taking the general drugs (Neupro patch, Sifrol, Amantadine etc.), however, they brought only little improvement but considerable side effects instead. Because of my low response to the treatment the diagnosis was checked by DAT-Scan again and confirmed with all clarity indeed.

After I had taken Motilium I have been well tolerating the combination of Levodopa-Neuraxpharm and Azilect since summer 2009, while I kept looking for complementary or especially for more effective treatments.

Eventually I found an article (Frankfurter Review, Nov. 07) reporting about Dr. Jay Alberts (Cleveland, Ohio) who found considerable improvements in Parkinson's patients after riding a tandem bicycle. Essential was the frequency of 80 to 90 revolutions per minute which was applied as passive movement twice or three times a week for about half an hour.

I wanted to try it out and asked the local Parkinson's Association for available training devices. They referred me to the Reck Company in Betzenweiler (about 25 miles SW Ulm), that is well known for its production of different medical devices. They were actually not only aware about this study – contrary to all physicians! – but also have been the ones who delivered the training devices from here to the USA for further investigations (J. Alberts / A.Ridgel).

Being the first trial person for Reck in Germany last fall I received some kind of an ergometer (MOTOmed viva2), providing besides strengthening programs and games a **passive movement program up to 90 Hz** instead of only 60 Hz before. It has been built especially for me with a stronger motor and was programmed according to my requirements by chip card. Since then I have been using it every second day and I'm amazed about the effect: In all above mentioned points – even though it shouldn't even be possible with having Parkinson's disease – I experience considerable improvements! The most important thing for me is the ability to write: After more than one year I am now able to write at a quite normal pace on the blackboard again, in the booklets I write big and readable again, using mascara and brushing teeth works relatively good with the right hand – summed up: I'm deliriously happy about this progress!

Whenever possible I let the device move my legs passively in the morning or late in the evening – relaxed in front of the TV for example – because the immediate effect lasts about one day and so I have the greatest benefits at school in the mornings. As a matter of fact I experience the immediate effect and I have tested it, for example by lifting a heavy glass to the mouth, BEFORE and AFTER the training. Hard to believe what effects can be achieved in 30 minutes!



I hope the effect is similarly wonderful for other patients and I hope there will be further studies in Germany as well, that show more details about the neurological effect and which group of people can be helped.

I would like to thank the Reck Company for supplying the training device MOTOmed viva2 and for the very capable, reliable and friendly assistance by Mr. Schulte Escorsin who was always helping me with his ideas and advice.

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