**Rock Steady Boxing**

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### Rock Steady Boxing

**What Is It?**
- Non-contact boxing curriculum for individuals with Parkinson’s disease  
- First program of its kind  
- Program focuses on adapted boxing drills  
- Emphasis on agility, speed, endurance, eye-hand coordination, strength, footwork, cognition, and fall prevention

**Mission**
“To empower people with Parkinson’s disease to fight back.”

**Vision**
“To be recognized regionally, nationally, and globally as the experts and leaders in the field of intensive, non-contact boxing style therapy for people diagnosed with Parkinson’s.”

**Needs**
- Pre-class activities  
- Fine motor, gross motor, and cognitive activities  
- New coach training

**EC Goals**
- Enhance therapeutic use of self to build rapport with clients  
- Learn about the lived experience of Parkinson’s disease

### Why Boxing?
- Physical exercise improves quality of life, balance, and mobility
- Exercise improves neuroplasticity and may help slow the disease progression

**Exercises Targeting Parkinson’s Symptoms**
- Large movements to combat bradykinesia  
- Dual task exercises to challenge cognition  
- Pacing cues, variable instructions, and complex sequences for akinesia  
- Rotation and counter rotation exercises for rigidity

### Overview
- Created a book of fine motor, gross motor, and cognitive exercises and activities for coach use  
- Trained coaches on exercises in book  
- Lunch and Learn on assistive technology and fall prevention  
- Informational handout on PD for new coaches  
- Rock Steady Boxing coaching

### Challenges
- Little research has been done on benefits of fine motor exercises for Parkinson’s disease  
- Used fine motor activities to train clients on fine motor compensatory strategies

### References