



The Sweet Science of Parkinson's Therapy

Boxing Is Medicine

Studies show that rigorous exercise emphasizing gross motor movement, balance, core strength, rhythm, and hand-eye coordination can **favorably impact range of motion, flexibility, posture, gait, and activities of daily living.**

Scientific evidence also suggests that **“forced intense exercise”** exercise may **reverse, reduce and delay the progression of Parkinson's symptoms.**

In light of these findings, boxing must be the ideal form of physical therapy for people with Parkinson's...especially the “Sweet Science” boxing style we practice at Rock Steady Boxing Grosse Pointe .

“The Sweet Science”

The Sweet Science is **the art of punching the opponent with maximum leverage, from maximum distance while getting into perfect position** for the next move.

Economy of Movement

The Sweet Science is about **transferring body weight into a target with as much speed and power** as can be, from as far away as can be, finishing in position to do it again –immediately, if need be and being able to do it all while moving in any direction.

To move with this kind of efficiency, we **work out of a rhythm** in every thing we do and we train to be as **balanced** and as **loose** as we can possibly be at all times.

Our focus on these three basic fundamentals of movement, **rhythm, balance and fluidity** and the application of these fundamentals to the efficient production of force is what makes Rock Steady Boxing Grosse Pointe the **most effective exercise therapy there is for people with Parkinson's.**

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Rock Steady Boxing Grosse Pointe

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