



Rock Steady Boxing Spaulding Cape Cod Empowering people with Parkinson's Disease

Decades of research indicate that high intensity exercise can be effective in reducing symptoms and improving function for people living with Parkinson's disease.

Boxing is a dynamic form of exercise that requires coordination, endurance, agility, shifts in balance, and large movements – the very abilities impacted by Parkinson's disease. Through targeted exercise and skill building, Rock Steady Boxing enables participants to improve movement, thinking abilities, and voice through non-contact boxing drills. The camaraderie that develops as boxers strive and improve together contributes to improved sense of well-being and helps create a sense of community.

When

12-week sessions held consecutively throughout the year. Classes meet twice weekly. Call for schedule.

Where

RSB 1-2 Pro Elite Training Center,
14 Jan Sebastian Drive, Sandwich

To register

This is a self-pay program.
A screening is required before participation.

508.833.4197

Space is limited.



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Empowerment through exercise and community

How Parkinson's disease affects an individual's daily function varies widely depending on each person's symptoms and stage of the disease. Spaulding therapists will do a screening of new RSB participants to determine the right level of class for each person.

Level 1-2

For those ready to improve strength, stamina, agility, and coordination through an intensive, targeted work-out.

Participants must be able to:

- Follow directions and maintain attention for 90 minutes
- Get up and down from the floor independently
- Walk 200 feet without a device or assist from another person



For more information and to register:

508.833.4197

90-Minute sessions meet twice weekly:

- Dynamic warm-up and cool-down
- Exercise stations to build strength in arms, legs, core, balance and increase agility
- High-intensity, non-contact boxing drills to increase stamina and speed of movement
- Exercises modified to meet individual needs, physical limitations, medical conditions
- Evidence-based program led by physical therapists experienced in neuro-rehabilitation and techniques that maximize the brain's ability to learn, adapt, and compensate
- Therapists certified by Rock Steady Boxing

