Rock Steady Boxing’s Mission
To maximize the mental, emotional and physical potential of people with Parkinson’s disease throughout their lives, through an intensive and rigorous regimen and plan of exercise delivered in the context of a welcoming professional and supportive environment.

We accomplish these goals by raising expectations, strengthening physical abilities and fostering a culture of optimism and efficacy. Non-contact boxing is simply the training paradigm that we use; fighting Parkinson’s while caring for each other is what brings us together.

Participants* attest to RSB’s importance to their quality of life:

Gary: “I don’t know what might have happened if I hadn’t found Rock Steady, but I know it has been a gift to feel I can do something positive with a negative condition.”

Terri: “Rock Steady Boxing provides a way for those with Parkinson’s to come together, happily, and literally fight our way to better health. Rock Steady Boxing provides the arena for me and increasing numbers of fellow ‘Parkies’ to lead fuller, more independent lives.”

William: “When I realized I had Parkinson’s, my heart sank to my toes… ‘my life is over,’ I thought. I’ve been boxing at Rock Steady for four years...the exercise has definitely reduced my symptoms of Parkinson’s...I am deeply grateful to Rock Steady. It has been a great blessing for me.”

(2012 Rock Steady Boxing)

Reid Boxing Coaches
Reid has three certified Rock Steady Boxing Coaches: Ashley Moman, Theresa Wright-Reed, and Denny McCord.

Physician release
Please talk to your doctor about providing a release to participate in Rock Steady Boxing.

Call (765) 983-3092 with questions about Rock Steady Boxing and the Reid Rehab Center.
**Fighting Parkinson’s**

Parkinson’s disease (PD) is a neurological disorder that affects nearly 1.5 million people in the United States. It is a disease that currently has no cure nor has research determined its cause. As the noted Movement Disorder Specialist, neurologist Abraham Lieberman, M.D. has described it, “Every day, people with Parkinson’s awaken, trapped in their bodies.”

**Symptoms are progressive and can include:**

- Involuntary tremors
- Muscle rigidity
- Decline of rapid movements
- Problems with gait and posture
- Cognitive impairment/dementia
- Loss of balance
- Speech and vision impairment
- Social withdrawal
- Pain

**PD’s impact is more than physical**

The emotional toll on families can be as harmful as the physical consequences to those afflicted with the disease. People with Parkinson’s often isolate themselves due to their struggle with movement and communication. Not surprisingly, in light of the progressive nature of the disease, they become susceptible to depression. Family, especially spouses, may resent the burdens of caring for someone with Parkinson’s or may simply feel overwhelmed by the physical and emotional challenges created by the disease.

**RSB exercises**

Exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At RSB, Parkinson’s disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.

Various studies in the 1980s and 1990s supported the notion that rigorous exercise, emphasizing gross motor movement, balance, core strength, and rhythm, could favorably impact range of motion, flexibility, posture, gait, and activities of daily living. More recent studies, most notably at Cleveland Clinic, focus on the concept of intense “forced” exercise, and have begun to suggest that certain kinds of exercise may be neuro-protective, i.e., actually slowing disease progression.

These best practices from the medical literature, along with the practical lessons learned every day amid a therapeutic environment of mutual support and high expectations, are at the core of RSB. Our clients attest, and academic institutions, such as University of Indianapolis and Butler University, are reporting and documenting the improved quality of life among our boxers. Discovery of a cure may be many years away but in the last six years, there is evidence that progress is made in all stages of the disease by those participating in the RSB program.

Reid has three certified RSB boxing coaches who are uniquely qualified to provide the Rock Steady style boxing fitness program.

**Rock Steady Boxing (RSB), Inc., founded in 2006**

RSB provides a uniquely effective form of exercise, along with group support. Area residents struggling with Parkinson’s disease can attend classes at Reid Rehab Center. Using non-contact boxing-inspired fitness routines, participants can dramatically improve their ability to live independent lives.

In addition to the neurological improvement created through the rigorous forced exercise regimen, there is a bond among participants and those charged with providing care. This community of support can improve the well-being of persons with Parkinson’s as well as their caregivers and loved ones.

RSB delivers a message of hope and motivation to those who have been told that each day their movement and cognitive ability will worsen. And the results have been stunning!

*Reid is proud to be the first hospital affiliate for Rock Steady Boxing!*