About My Condition

Freezing of gait (FOG) is both common and debilitating in patients with Parkinson's disease. Due to its episodic nature, it is a challenge to provoke FOG in clinical practice and in the research setting. Turning is most sensitive to provoke FOG, particularly when performed as rapidly as possible. Walking with short steps is an alternative approach to provoke FOG.

Treatment Instruction

Freezing of gait in Parkinson's disease usually occurs in the ‘off’ rather than in the ‘on’ state. It is, therefore, not entirely drug-resistant; the first step in medical treatment is to ensure adequate dopaminergic stimulation to reduce the ‘off’ state. There is no good evidence for any specific drug to alleviate freezing. Visual or auditory cues are very helpful as behavioural therapy. Assistive devices, such as a wheeled walker sometimes help

Why should I play games

Studies clearly confirms that playing game helps you alleviate your FOG conditions and improve your focus. The interactive nature of the games and the scoring system help you enjoy your time beside tangible recovery effects.

Give it a try know!