



PISTA for Lewy Body Dementia

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Incorporating PISTA, which uses binaural sound and brain entrainment, with the sport of ping pong can potentially benefit patients with Lewy Body Dementia (LBD) in addressing their movement problems. Here's how this combination can be beneficial:

Motor Coordination: Ping pong is a sport that requires hand-eye coordination, fine motor skills, and precise movements. Integrating PISTA with ping pong can help patients with LBD improve their motor coordination, which is often affected in this condition.

Enhanced Focus and Attention: PISTA's binaural sound and brain entrainment techniques can enhance focus and attention. This heightened cognitive function can be beneficial for patients during a game of ping pong, as it requires sustained attention and quick decision-making.

Physical Exercise: Playing ping pong provides a form of low-impact physical exercise. Engaging in regular physical activity can help LBD patients maintain muscle strength and overall physical health. PISTA's calming effects may also encourage patients to participate in the activity more willingly

Stress Reduction: LBD patients often experience stress and anxiety. The calming effects of PISTA can help reduce stress levels, making the ping pong game a more enjoyable and less stressful activity.

Stimulation of Neural Connections: PISTA's brain entrainment techniques may stimulate neural connections and promote neuroplasticity. This can be especially beneficial for LBD patients as it can potentially slow down the progression of motor-related symptoms.