

# TABLE TENNIS

## FOR PARKINSON'S PATIENTS

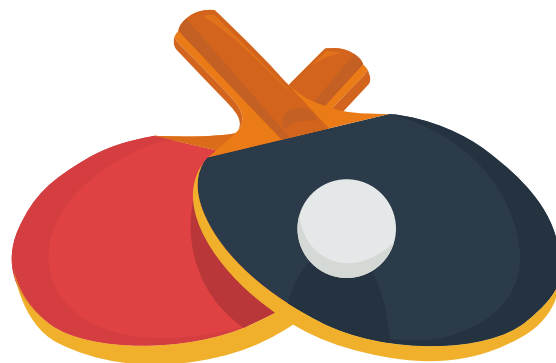


According to scientific evidence, regular table tennis practice improves the social, mental, and physical well-being of all players. Specifically, the sport provides people with cognitive disorders, such as **Parkinson's disease**, with appropriate levels of physical and mental demands to help them cope with the degenerative effects of their condition.

**Parkinson's disease** is a neurodegenerative condition that causes progressive loss of motor control. This loss is caused by the death of neurons in the brain that produce dopamine, a neurotransmitter. Dopamine is essential for communication between muscles and the nervous system.

Consider some of the classic Parkinson's disease symptoms: imbalance, slowed thinking/strategy skills, slowed gross and fine motor skills, tremor, anxiety, depression, and, in some cases, social isolation.

According to brain research, Ping Pong stimulates three different parts of the brain that affect balance, **the generation of new brain cells, neuroplasticity (the formation of new neuropathways as a result of vigorous activity), and blood flow to the brain.**



# HOW CAN TABLE TENNIS HELP WITH PARKINSON'S DISEASE SYMPTOMS?

PISTA uses table tennis with sound and vibration therapy for people diagnosed with Parkinson's disease. A program based on 45 years of research developed by a group of sports experts, in conjunction with the use of PISTA devices that incorporate the PISTA sound and vibration.

PISTA incorporates PISTA device while playing table tennis for patients with Parkinson's. PISTA device is the stimulus that brings the most positive results. This tool is intrinsic to PISTA Therapy and is the product of **45 years** of in-depth research by the PISTA research team of experts.

PISTA incorporates binaural beats and allows individuals to reprogram their minds to help alleviate emotional, psychological, and physiological pain and stress.

PISTA employed Oster's research into the PISTA device to generate two tones, which the brain combines and alters into a single tone in the auditory process for brain entrainment. The frequency of this single tone may vary according to the state an individual wants his or her brain to achieve.

Compounded with strong willpower, the PISTA device effectively removes unwanted characteristics and develops or enhances positive ones. It achieves a heightened cognitive awareness and greater memory and recall. Relief is immediately experienced.

