**BIP Neurological Physiotherapy – Lamia Greece 2025**

**“The effectiveness of external sensory cues in improving functional performance in individuals with**

**Parkinson’s disease: a systematic review with meta-analysis”**

Cassimatis et al., 2016

This systematic review with meta-analysis aimed to assess the effectiveness of external sensory cues— such as visual, auditory, and tactile cues—in improving the functional performance of individuals with Parkinson's disease (PD).

Parkinson's disease is a neurodegenerative disorder that affects movement, making daily activities challenging. A literature search was conducted using MEDLINE, Cumulative Index to Nursing and Allied Health Literature, EMBASE and Pubmed.

The PRISMA flow diagram was used to depict the stages of the screening process during which relevant articles were critically reviewed by two independent researchers. Researchers analysed six studies involving 243 participants with PD, which examined how different types of sensory cues impacted activities of daily living (ADLs), such as walking, dressing, and general mobility. The results showed that external sensory cues had a significant positive effect on functional performance, both immediately after the interventions and at follow-up. Improvements were seen in various aspects of movement and task completion, highlighting that sensory cues could be an effective tool in therapy for people with PD.

The study concluded that integrating sensory cues into rehabilitation programs could be beneficial for improving the quality of life for PD patients.

In summary, the meta-analysis supports the use of external sensory cues as an effective intervention for improving functional performance in individuals with Parkinson's disease, suggesting it as a valuable addition to clinical practice for managing the symptoms of PD.

In our opinion, this systematic review provides a solid summary of a well-researched topic. It reinforced our existing knowledge on how rehabilitation for individuals with Parkinson’s disease should be implemented in practice.

Danai Kouti, Angela Halili, Klára Mojžíšková,

Sara Siivonen, Michaela Karásková, Sonja Lydman,

Magdalena Valentová, Milla Saastamoinen, Anna Karla Seifertová