

Characteristics Martin Puttke



1. Person:

- Name: Martin Puttke
- Education: Dance (Ballett), science of education
- Career: Dancer / artificial ladder in Berlin / director at a oper
- Access to Parkinson: personal access (colleague and friend is suffering from Parkinson´s disease)

2. Experiences with movement learning / Parkinson:

- Experiences with Parkinson: Layman in the work with Parkinson´s patients
- Points of contact to movement learning:
 - He developed various models of human movement (other border view on the body)
- How should the movements in parkinsonian patients be improved? (approach):
 - Without technical aids
 - No concentration on movements → unconscious movements
 - Melody plays a special role (Dance)
 - Emotionality is important here
 - No feedback on motion execution errors
 - Patients should not be made to feel that they can not do something
 - Requirement for movement therapy:
 - Mentally present
 - To ensure this is spoken much in advance
 - Results: improvment → medication halved
 - environment: patient needed to feel safe

3. Movement academy:

- **Aims:**
 - Educate about the science Parkinson
 - Clear definitions should be clarified
- Understand neurological procedures
- **Ideas and expectations:**
 - Share knowledge of the movement academy and make it available to the patient

4. Change in perspective:

- Very interested in research and technical approach
 - It is particularly interesting that different starting points for the treatment of Parkinson´s lead to the same similar success
 - Would like to participate in the research and participate in it