



Up ENDing Parkinson's: Climbing as therapy for Parkinson's Disease:

How it started - 2012



Up ENDing Parkinson's

- Non-profit status is May 2022
- Provide Free or discounted rock climbing
- Have done research



Up ENDing Parkinson's

UEP has over 800 climbers at 59 different locations across the US.



How it's going now...

Our Climbers



Interventions

Only exercise has been proven to slow the progression of Parkinson's Disease

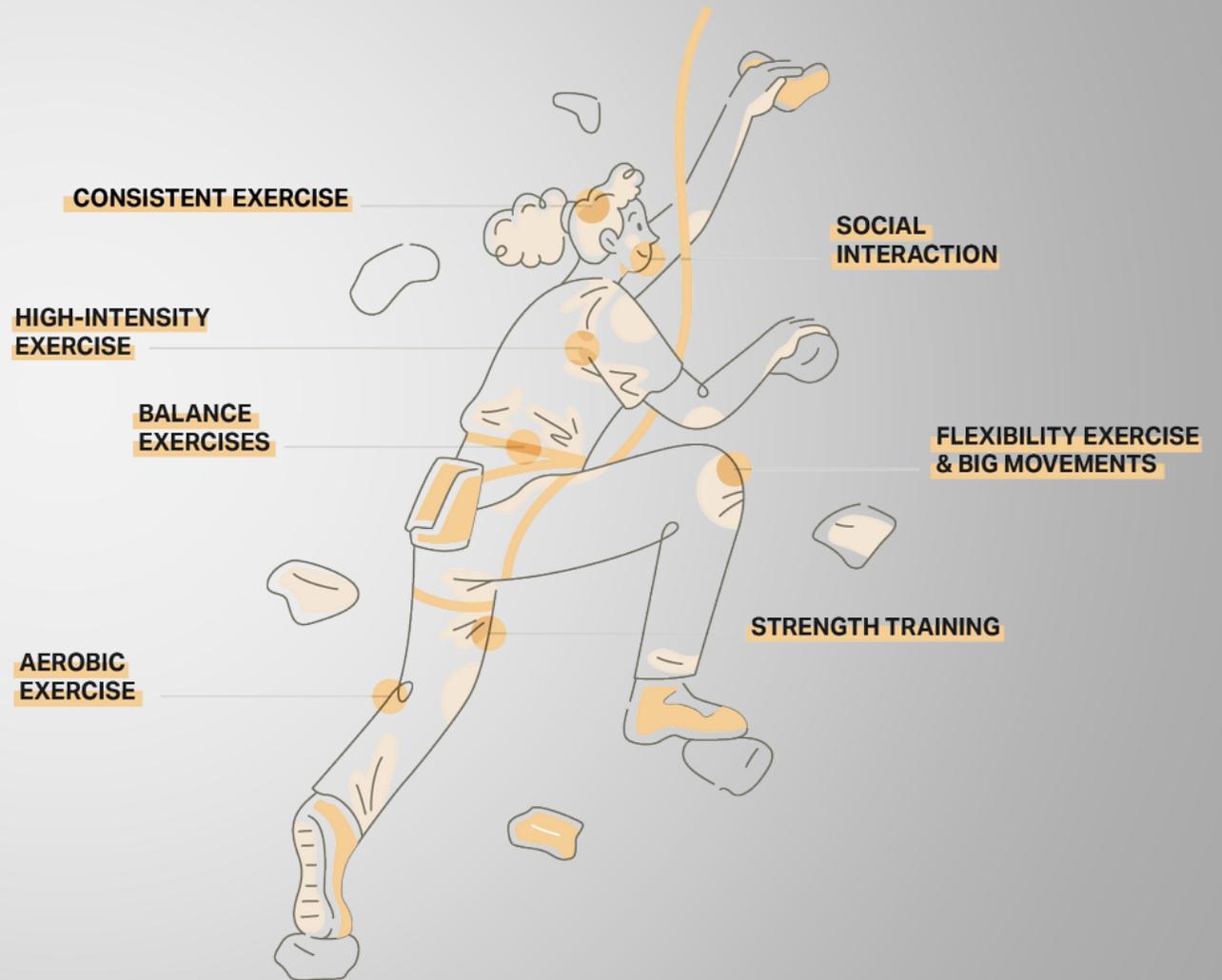
What Exercises?

- **STRENGTH**
- **BALANCE**
- **CARDIO**
- **MOBILITY/STRETCHING**

- **OR JUST CLIMBING?**

Why Climbing?

- Safe - Injuries very rare
- Neuroplasticity: Analysis of a surface □ planning your course □ physical activity of enacting that plan
- Slow and Methodical, exercise in problem solving
- Fun!
- Camaraderie , and support from group



Ascent Studio

FORT COLLINS, CO

- Thursdays, 10-12pm
- FREE first visit or if you are a member of the gym
- \$10 without gear/ \$15 with gear
- Registration on UEP website and Ascent Studio website



Study with Marymount University

- **Testing for a number of physical and psychological benefits**
- **Presented at ACRM (American Congress of Rehabilitation) in Dallas and published in the journal Archives of Physiotherapy**

VIDEO

[Michelle PD Video 2016](#)

[Today Show Clip-2024](#)

[CBS with Leslie Stahl - Nov 2024](#)

Contact Us

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