

# Wellstar Health Place

## Rock Steady Boxing

### What is Rock Steady Boxing (RSB)?

Rock Steady Boxing is a one-of-a-kind, Indianapolis-based nonprofit gym founded in 2006 to provide a uniquely effective form of physical exercise to people living with Parkinson's. Though it may seem surprising, this non-contact, boxing-inspired fitness routine is dramatically improving the ability of people with Parkinson's to live independent lives. RSB was founded by former Marion County (Indiana) prosecutor Scott C. Newman, who was diagnosed with Parkinson's disease at the age of 40.

### What are the benefits of RSB?

Studies show that rigorous exercise, emphasizing gross motor movement, balance, core strength, rhythm and hand-eye coordination, can favorably impact range of motion, flexibility, posture, gait and activities of daily living. Recent Cleveland Clinic studies focused on intense "forced" exercise suggest that certain types are neuro-protective, and may actually slow disease progression.

RSB provides encouragement through a "tough love" approach, inspiring maximum effort, speed, strength, balance and flexibility. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. RSB classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life.

CLASS LEVEL	SYMPTOMS	MOBILITY	FOCUS	INTENSITY/ASSISTANCE REQUIREMENTS
PD1	Mild, inconvenient, not disabling	Able to reach maximum heart rate	To improve overall fitness and postural imbalances and to maintain a healthy body	High intensity, rapid transitions between exercises; caregiver assistance not required
PD2	Bilateral	Minimal disability, posture and gait affected	To maintain fitness, address postural imbalances, encourage deep breathing, improve balance and stress accuracy of movement	More time for transitions; modifications for specific exercises taught; some caregiver assistance may be required for balance issues
PD3 <i>coming soon; an all-levels class is currently available</i>	Significant slowing of body movements	Early impairment of equilibrium on walking or standing; moderately severe generalized dysfunction	One-on-one training in a safe environment; addresses high balance risks, improving postural imbalances. Encourages deep breathing techniques, provides voice therapy and attention to cognitive impairment issues.	Caregiver assistance may be required
PD4 <i>coming soon; an all-levels class is currently available</i>	Severe symptoms, rigidity, bradykinesia	Can walk to a limited extent; tremors may be less than earlier stages	One-on-one training. Narrow focus on specific issues, including flexibility, balance, self-awareness in space and improved gait.	Caregiver support and attendance required

### What types of training will you receive while participating in RSB?

Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points. While focusing on overall fitness, workouts include ring work, jump rope, core work, calisthenics and circuit weight training. No boxing experience is necessary and people of all ages may participate. Boxers, both male and female, range in age from mid-30s to early 90s. There are four different levels of classes offered, depending on the participant's level of Parkinson's and overall fitness.



## Assessment Process

1. Participant must have a referral form from the neurologist or physician who oversees their Parkinson's treatment.
2. Email [rocksteady@wellstar.org](mailto:rocksteady@wellstar.org) or call (770) 793-7315 to schedule an assessment.
3. During the 90-minute assessment, the RSB coach will evaluate:
  - Balance and Coordination
  - Flexibility
  - Agility
  - Muscular Endurance
  - Fine Motor Skills
  - PD Class Level

The RSB head coach will contact the participant within 48-72 hours to explain the results. Those assessed for PD1 or 2 may register; if all slots are filled, they will be placed on a waiting list. Those assessed for PD3 or 4 may register for an all-levels class; they will also be notified when these classes are available.

## Registration Process

Due to limited space and class offerings, registration is required for all RSB classes. To register:

1. Contact us at [rocksteady@wellstar.org](mailto:rocksteady@wellstar.org) or (770) 793-7195.
2. Choose your class day and time (based on current class schedule).
3. RSB staff at Wellstar Health Place will discuss further details such as equipment needs, pricing and class schedule.
4. Confirm your corner man, who will attend class with you. This is someone supportive, consistent and dependable, usually the person closest to you (spouse, parent, etc.)

## Late Policy

All boxers are expected to arrive 15 minutes before the scheduled class start time. If a boxer is more than 15 minutes late, they will not be allowed to train. This guideline ensures the boxer's safety and medical well-being.

## Cancellation Policy – TKO Rule

All boxers must notify the RSB staff at least 24 hours prior to class time if they cannot attend. If notification is not provided, this will count as a “knock down.” Three knock downs within 90 days result in a “TKO,” meaning the boxer will forfeit his or her time slot. Repeat offenders will be evaluated by the RSB staff to determine if they will be allowed to continue with the program.

## No Show Policy – Knock Down Rule

In the event a boxer “no shows” without notifying the RSB staff, it will count as a warning or “knock down.” If the boxer receives another knock down within 90 days, he or she must forfeit their time slot. Repeat offenders will be evaluated by the RSB staff to determine if they will be allowed to continue with the program.



Contact us at [rocksteady@wellstar.org](mailto:rocksteady@wellstar.org) or (770) 793-7195 to schedule an assessment.

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