

The posture of "Ohikae-nasutte", a greeting used by Japanese outlaws in Edo era, is useful for patients with parkinsonism with difficulty rising from the chair

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Treatment of patients with parkinsonism faces many challenges including freezing of gait, falls, and postural instability. The disability to stand up significantly impairs activities of daily living and can be a burden to caregivers, causing distress. Clinicians should work on improving this symptom to provide relief for the patients and their caregivers.

When getting up from a chair, we draw our lower limbs towards the body and lean the head forward. Patients with Parkinson's disease tend to lack these movements¹⁾. While drug interventions may not always improve these movement defects, patients desire helpful cues and effective rehabilitation.

In a patient with progressive supranuclear palsy who was concerned about his difficulty in standing up, I instructed him to adopt the "Ohikae-nasutte" pose. Slowly, he stooped and extended their right hand

forward with the palm up, eventually successfully rising from the chair (**Video**). This posture includes putting the hand forward, abducting the upper limbs, and moving the center of gravity forward as a result. Calling out "Ohikae-nasutte" and demonstrating the posture by caregivers may serve as a visual and auditory cue to start moving the center of gravity.

"Ohikae-nasutte" is a greeting style used by outlaws in the Edo era, as seen in Kabuki. They repeatedly said "Ohikae-nasutte" while pulling their left foot, bending their knees, and extending their hand forward with the palm up. This peculiar posture symbolizes that the outlaws are not carrying knives or weapons and have no hostile intent towards the unfamiliar rivals. This style of greeting often appears in comedic cinematography, bringing joy and relief to many Japanese people. In our clinic, I have introduced this

Video 視聴する場合には▶をクリック



Video Video recording to show the PSP patient to stand up

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method to patients and caregivers for the past two years. It has since gained considerable popularity in our specialty and is recognized as a helpful and enjoyable cue for overcoming the difficulties of rising from the chair.

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COI :

本論文に関連し、開示すべきCOI状態にある企業、組織、団体はいずれもない。

文献

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