

What types of exercise or physical therapy are recommended for different forms of dementia?

Different forms of exercise such as multicomponent exercises, resistance training, mind-body exercises, and novel interventions like exergaming show potential benefits in managing symptoms of dementia. These interventions are promising but require further research to establish long-term efficacy and accessibility.

This summary presents the clinical bottom line. [Click here](#) to read the full evidence-based answer on AskTrip, including detailed rationale and references