

Schizophrenia is a psychiatric illness that is associated with impaired functional performance. In the recently published scoping review by the lab of Dr. Arthur Cheng at York University, they showed evidence of neuromuscular mechanisms underlying the functional deficits in this patient population including motor cortex abnormalities, axonal branching and reduced motoneuron excitability, as well as some skeletal muscle myopathic features. In this review, both aerobic and resistance exercise appeared effective in improving the cognitive as well as functional outcomes in patients with schizophrenia.