

# DDSIG New and Noteworthy

APTA Academy of Neurology

3/23/2017

Volume 2 Edition 2

## New

**Effects of treadmill training on cognitive and motor features of patients with mild to moderate Parkinson's disease: a pilot, single-blind, randomized controlled trial** [Article Link](#)

*Picelli A, Varalta V, Melotti C, Zatezalo V, Fonte C, Amato S, Saltuari L, Santamato A, Fiore P, Smania N. Funct Neurol. 2016 Jan-Mar;31(1):25-31.*

### INTRODUCTION:

The aim of this pilot randomized controlled trial was to evaluate the effects of treadmill training on cognitive and motor performance in patients with Parkinson's disease (PD).

### METHODS:

Seventeen persons with mild to moderate PD were enrolled. Nine patients were allocated to the Intervention group and received twelve 45-minute sessions of treadmill training: one session a day, three days a week, for four consecutive weeks. Eight patients were allocated to the

Control group; these patients did not undergo physical training but were required to have regular social interactions, following a specific lifestyle program. All the patients were evaluated at baseline and one month later. The primary outcome measures were the Frontal Assessment Battery-Italian version (FAB-it) and the 6-minute walking test (6MWT).

### RESULTS:

At the one month evaluation significant differences were found between the groups in their performance on the FAB-it ( $p=0.005$ ) and the 6MWT ( $p=0.018$ ).

### CONCLUSION:

Our findings support the hypothesis that treadmill training might effectively improve cognitive and motor features in patients with PD.

## Noteworthy

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International Conference  
Parkinson Disease Vancouver  
BC Canada June 4-8, 2017

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PubMed:

<https://www.ncbi.nlm.nih.gov/pubmed/27027891>

*CONCLUSIONS and CLINICAL IMPLICATIONS:  
Preliminary findings indicate that aerobic exercise using a treadmill may lead to improvements in both cognitive and motor features in people with mild to moderate Parkinson disease and no dementia.*