

DDSIG New and Noteworthy

APTA Neurology Section

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New

A model community neurofitness and wellness center for people with Parkinson disease. 1-year group pilot data. [Abstract Link](#)

E. Borchers, B. Farley, D. Snider, T. McIsaac, J. Bazan-Wigle.

SUMMARY:

Progressive aerobic training and skill acquisition, provided by PD-specialized therapists trained in PWR!Moves® at the Parkinson Wellness Recovery Gym (PWR!Gym®), improved and maintained function in PwPD over a 1-year period. Sessions were structured to alternate higher- and lower-intensity periods as per RPE reporting.

Study in Parkinson's Disease of Exercise (SPARX): A Randomized, Controlled Futility Trial. [Abstract Link](#)

D. Corcos, C. Moore, W. Kohrt, D. Hall, A. Delitto, C. Comella, D. Josbeno, C. Christiansen, B. Berman, B. Kluger, E. Melanson, S. Jain, J. Robichaud, C. Poon, M. Schenkman.

SUMMARY:

People with *de novo* PD were monitored while exercising 4 days per week on a treadmill at

60-65% HRmax (n = 45) or 80-85% HRmax (n = 43). A wait-list control group was maintained for 6 months. Initial measures suggest potential benefit of high intensity exercise in *de novo* PD, with minimal adverse events reported, but a larger scale investigation is required.

High intensity interval training improves psychomotor function in individuals with Parkinson's disease. [Abstract Link](#)

J. Marusiak, B. Fisher, A. Jaskólska, K. Słotwinski, S. Budrewicz, M. Koszewicz, K. Kisiel-Sajewicz, A. Jaskólski (Wrocław, Poland).

SUMMARY:

Patients with mild-moderate PD completed 8 weeks of high intensity interval training (HIIT) on standard cycle ergometers. The training group improved performance across neurological state, (UPDRS) psychological assessment of executive function (Trail Making Test and Stroop Test), and biomechanical measures (bimanual dexterity). There was no difference between PRE and POST sessions of controls.

Noteworthy

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Abstracts from the
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Movement
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