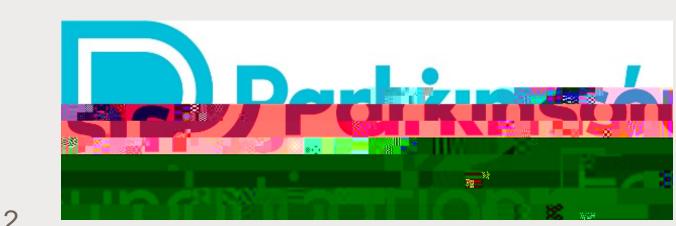


Development of Test Battery for People with Parkinson's Disease for Community-Based Exercise Professionals



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BACKGROUND

- Parkinson's Disease causes progressive mobility impairments
- Exercise may alleviate symptoms and slow disease progression
- Less than 50% of People with Parkinson's (PwP) exercise regularly
- Community exercise classes for PwP increase exercise participation in a supportive environment
- There is no current screening battery for community exercise professionals to assess ability level, make exercise recommendations, or measure improvements

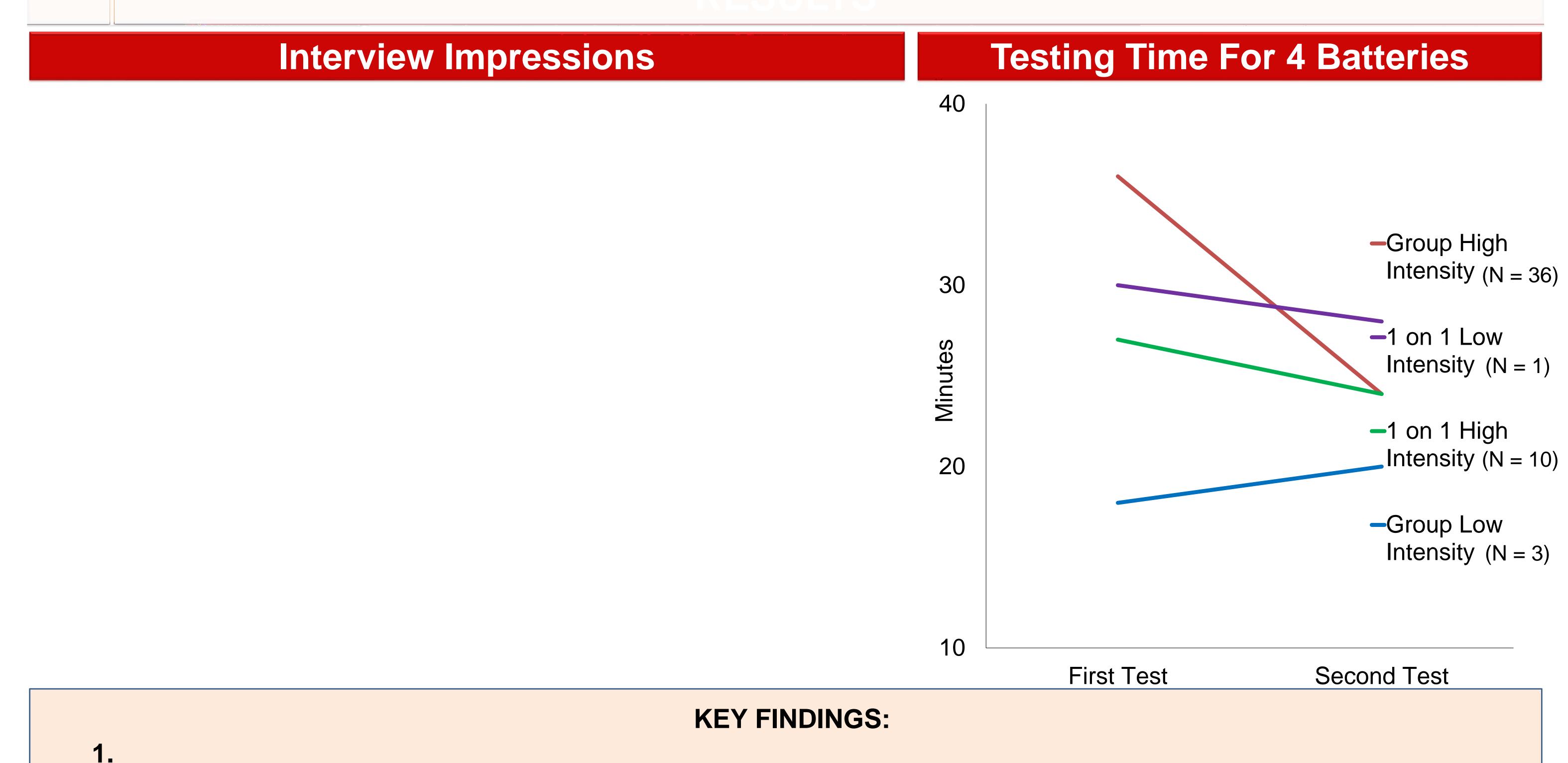
----PURPOSE -----

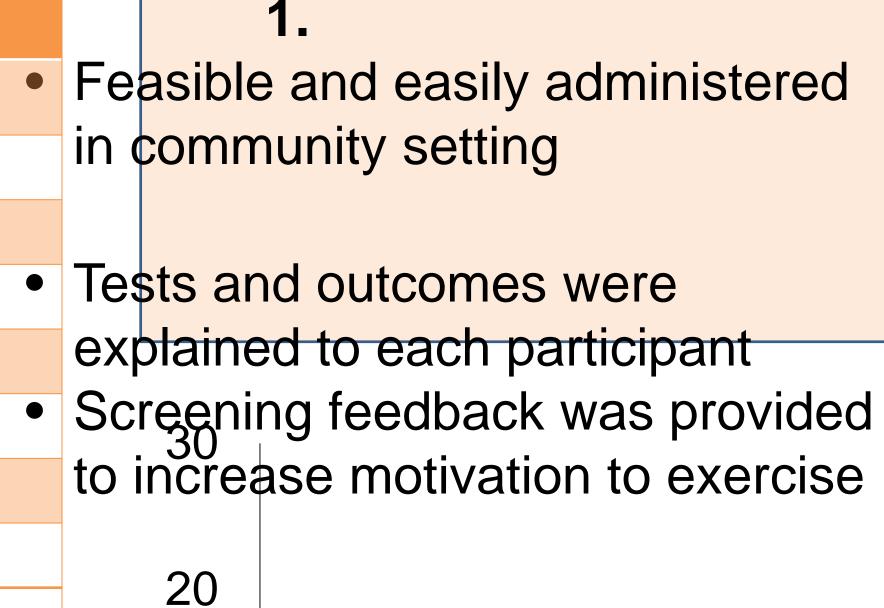
The primary purpose was to develop a feasible screening battery for PwP that can be administered in a short time by community exercise professionals

The secondary purpose was to measure changes in performance from exercise participation

METHODS 8 Exercise Professionals from 5 Locations Participated PwP Participants (N=57) 72.1 Average age Female (N) Difficulty interpreting results Male (N) Participants don't understand why HY 1 they are being tested or 29 HY 2 association with daily activities. HY 3 Negative experience with using HY 4 assessments in physical therapy HY 5 Lack of space

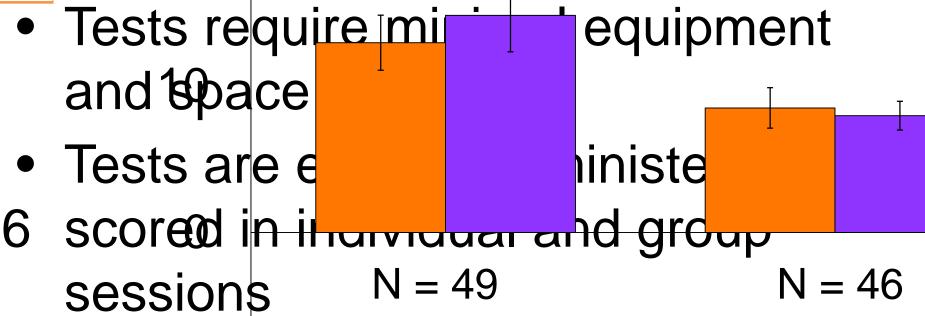
- PwP who participated were already enrolled in community-based exercistance required to test in
- All participants completed setters in between)
- Screening battery should be tailored to ability level of the group and/or individual (4 batteries were developed)





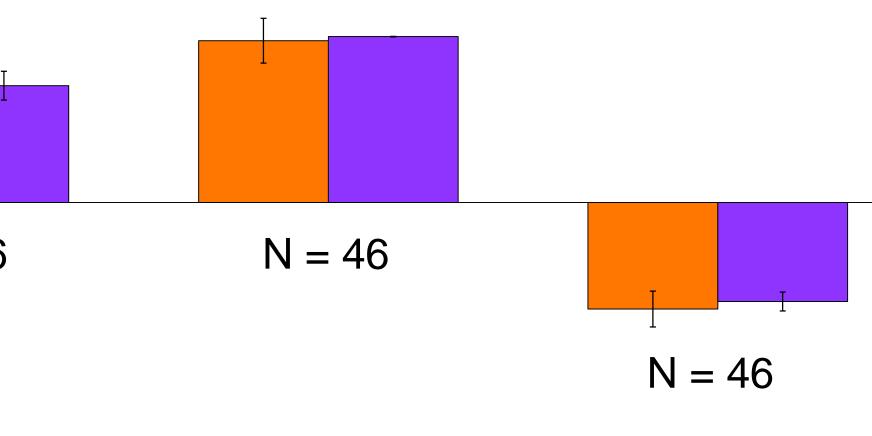
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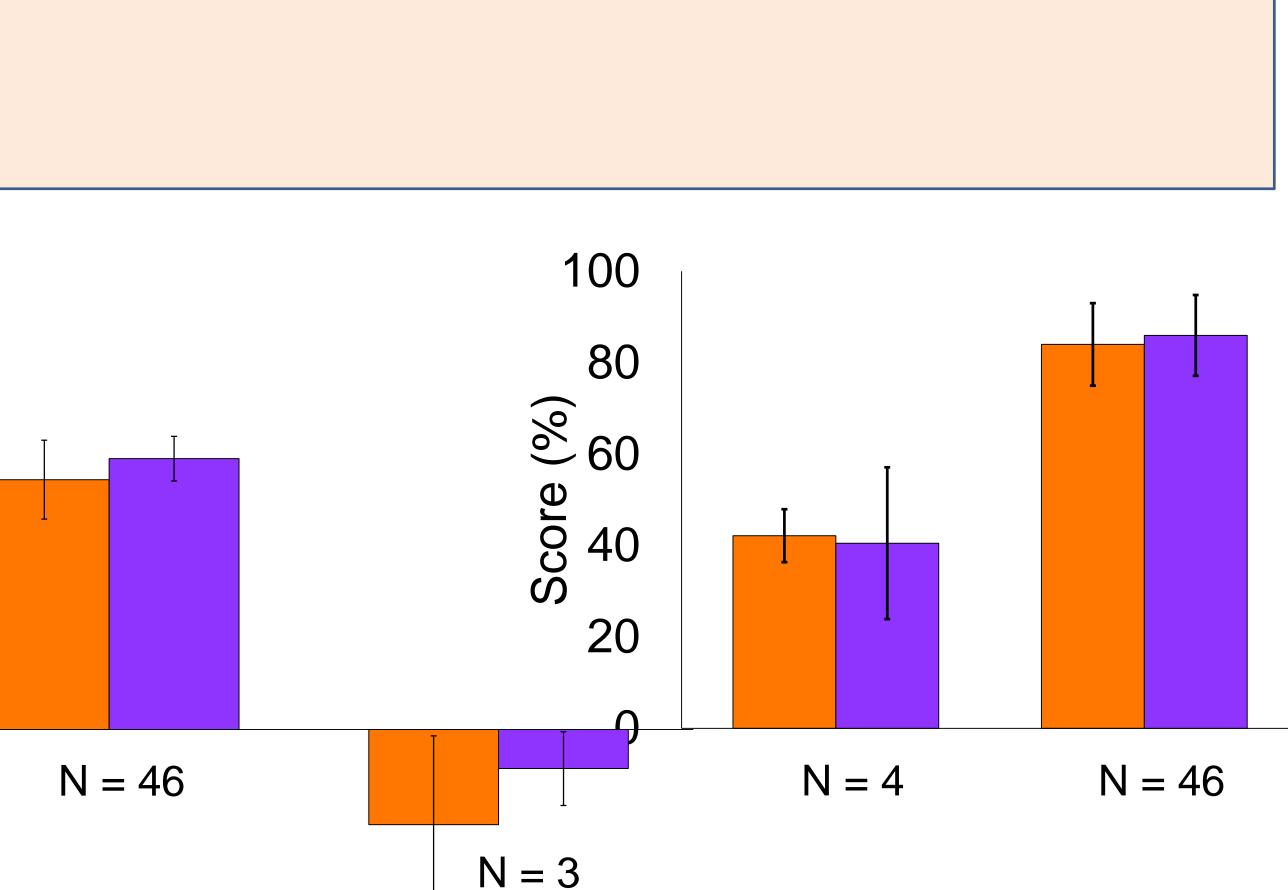
Sit to Stand

TUG



Functional Reach

Back Scratch



PDQ39

ABC

Chair Reach

Arm Curl