



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

Aleksandra Gebaska, BS¹; Lindsay Slater, PhD^{1, 2}; Laura Stoff, MPH¹; Kiersten McCartney, MS³; Linda Egan, PT⁴; Miriam Rafferty, PT, DPT, PhD^{1, 2}

¹Shirley Ryan AbilityLab, Chicago, IL; ²Northwestern Medicine Feinberg School of Medicine, Chicago, IL; ³University of Delaware; ⁴Northwestern Medicine Lake Forest Hospital

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

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

- PwP who participated were already enrolled in community-based exercise
- All participants completed screening battery twice (8-16 weeks in between)
- Screening battery should be tailored to ability level of the group and/or individual (4 batteries were developed)

RESULTS

KEY FINDINGS:

1.