Research Study at the Center for Neurorehabilitation at Boston University

Mobile Health Technology to Promote Physical Activity in Persons with Parkinson Disease

You are invited to join a research study in which you would participate in an exercise program that you can do in the convenience of your home.

Eligible participants would be randomly assigned to one of 2 groups. Both groups will be prescribed strengthening and stretching exercises and a walking program by a licensed physical therapist to carry out for 6 months. Both groups will also wear a pedometer to track their daily steps.

Group A
- Walking program with pedometer
- Stretching/Strengthening Program
- iPad Mini with exercise application or "app" and video demonstrations

Group B
- Walking program with pedometer
- Stretching/Strengthening Program
- Exercise handouts with pictures and instructions

You may be eligible to participate in this study if you:
- Have been diagnosed with Parkinson’s disease
- Are able to walk without assistance for at least 6 continuous minutes
- Are able to come to the Center for Neurorehabilitation at Boston University on three 3 different occasions for assessments over a 6 month period.

If you are interested in participating in this study or learning more about it, please contact us at 617-358-6157 or BUwalkstudy@gmail.com

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