

Resources

Kristine Meldrum

"Science and Methodologies Behind Parkinson's Exercises" Presentation Oct 2021

Agarwal S, Gilbert R. Progressive Supranuclear Palsy. [Updated 2021 Apr 11]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2021 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK526098/>

Ridgel, Angela L et al. "Forced, not voluntary, exercise improves motor function in Parkinson's disease patients." *Neurorehabilitation and neural repair* vol. 23,6 (2009): 600-8. doi:10.1177/1545968308328726

Rosenfeldt, Anson B et al. "The cyclical lower extremity exercise for Parkinson's trial (CYCLE): methodology for a randomized controlled trial." *BMC neurology* vol. 15 63. 24 Apr. 2015, doi:10.1186/s12883-015-0313-5

Mahalakshmi, B et al. "Possible Neuroprotective Mechanisms of Physical Exercise in Neurodegeneration." *International journal of molecular sciences* vol. 21,16 5895. 16 Aug. 2020, doi:10.3390/ijms21165895

11 Candow, Darren G., and Philip D., Chilibeck Differences in Size, Strength, and Power of Upper and Lower Body Muscle Groups in Young and Older Men, College of Kinesiology, University of Saskatchewan, Saskatoon, Canada.

10 Beall EB, Lowe MJ, Alberts JL, et al. The effect of forced-exercise therapy for Parkinson's disease on motor cortex functional connectivity. *Brain Connect.* 2013;3(2):190-198. doi:10.1089/brain.2012.0104

Segura, Carolina et al. "Effect of a High-Intensity Tandem Bicycle Exercise Program on Clinical Severity, Functional Magnetic Resonance Imaging, and Plasma Biomarkers in Parkinson's Disease." *Frontiers in neurology* vol. 11 656. 24 Jul. 2020, doi:10.3389/fneur.2020.00656

D. Larson, D. Bega, E. Johnson, L. Slowey. Effects of Rock Steady Boxing on Activities of Daily Living and Motor Symptoms of Parkinson's Disease [abstract]. Mov Disord. survey gathered 2018-2019

Moore, Abbie; Yee, Enoch; Willis, Brad W.; Prost, Evan L.; Gray, Aaron D.; and Mann, J. Bryan (2021) "A Community-based Boxing Program is Associated with Improved Balance in Individuals with Parkinson's Disease," International Journal of Exercise Science: Vol. 14 : Iss. 3, Pages 876

Park, A et al. "Effects of a formal exercise program on Parkinson's disease: a pilot study using a delayed start design." Parkinsonism & related disorders vol. 20,1 (2014): 106-11. doi:10.1016/j.parkreldis.2013.10.003

<https://neurologyacademy.org/events/webinar/live-webinar-covid-19-exercise-in-parkinsons>
Exercise in Parkinson's during COVID-19, Prof Bas Bloem (Jun 2020), Medical Director, Parkinson Center, Nijmegen (ParC), Netherlands, 05 JUN 2020, Neurology Academy