

Parkinson's exercise framework bibliography

The Parkinson's exercise framework is based on the professional consensus of expert physiotherapists. They used the following sources of evidence to inform them as they developed the framework.

Department of Health (2011). UK Physical activity guidelines. London, HMSO.

Department of Health (2011). Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers. London, HMSO.

Department of Health (2012). Long Term Conditions Compendium of Information, 3rd edition, May 2012, p 3. London, HMSO.

National Collaborating Centre for Chronic Conditions (Great Britain). Parkinson's disease: national clinical guideline for diagnosis and management in primary and secondary care. Royal College of Physicians.

Lord S, Godfrey A, Galna B, Mhiripiri D, Burn D, Rochester L. Ambulatory activity in incident Parkinson's: more than meets the eye?. *Journal of neurology*. 2013 Dec 1;260(12):2964–72.

Rafferty MR, Schmidt PN, Luo ST, Li K, Marras C, Davis TL, Guttman M, Cubillos F, Simuni T. Regular exercise, quality of life, and mobility in Parkinson's disease: a longitudinal analysis of national parkinson foundation quality improvement initiative data. *Journal of Parkinson's disease*. 2017 Jan 1;7(1):193–202.

Keus SH, Munneke M, Graziano M, Paltamaa J, Pelosin E, Domingos J, Brühlmann S, Ramaswamy B, Prins J, Struiksma C, Rochester L. European physiotherapy guideline for Parkinson's disease. KNGF/ParkinsonNet. 2014.

Kolk NM, King LA. Effects of exercise on mobility in people with Parkinson's disease. *Movement Disorders*. 2013 Sep 15;28(11):1587–96.

Speelman AD, Van De Warrenburg BP, Van Nimwegen M, Petzinger GM, Munneke M, Bloem BR. How might physical activity benefit patients with Parkinson disease?. *Nature Reviews Neurology*. 2011 Sep 1;7(9):528–34.

Petzinger GM, Fisher BE, McEwen S, Beeler JA, Walsh JP, Jakowec MW. Exercise-enhanced neuroplasticity targeting motor and cognitive circuitry in Parkinson's disease. *The Lancet Neurology*. 2013 Jul 31;12(7):716–26.

Ahlskog JE. Does vigorous exercise have a neuroprotective effect in Parkinson disease?. *Neurology*. 2011 Jul 19;77(3):288–94.

Frazzitta G, Maestri R, Bertotti G, Riboldazzi G, Boveri N, Perini M, Uccellini D, Turla M, Comi C, Pezzoli G, Ghilardi MF. Intensive rehabilitation treatment in early Parkinson's disease: a randomized pilot study with a 2-year follow-up. *Neurorehabilitation and neural repair*. 2015 Feb;29(2):123–31.

Uhrbrand A, Stenager E, Pedersen MS, Dalgas U. Parkinson's disease and intensive exercise therapy—a systematic review and meta-analysis of randomized controlled trials. *Journal of the neurological sciences*. 2015 Jun 15;353(1):9–19.

Li F, Harmer P, Fitzgerald K, Eckstrom E, Stock R, Galver J, Maddalozzo G, Batya SS. Tai chi and postural stability in patients with Parkinson's disease. *New England Journal of Medicine*. 2012 Feb 9;366(6):511–9.

Schrag A, Horsfall L, Walters K, Noyce A, Petersen I. Prediagnostic presentations of Parkinson's disease in primary care: a case-control study. *The Lancet Neurology*. 2015 Jan 31;14(1):57–64.

Elsworth C, Dawes H, Sackley C, Soundy A, Howells K, Wade D, Hilton-Jones D, Freebody J, Izadi H. A study of perceived facilitators to physical activity in neurological conditions. *International Journal of Therapy & Rehabilitation*. 2009 Jan 1;16(1).

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.