

## Exercise Guidelines Adapted From

### **Building on Existing Exercise Guidelines**

- Riebe, D., et al. (2018). Chapter 11: Exercise Prescription for Other Clinical Populations. ACSM's Guidelines for Exercise Testing and Prescription. M. Nobel. Philadelphia, Wolters Kluwer: 348-355.
- Moore, G. E., et al. (2016). Parkinson's Disease. ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities. G. E. Moore, J. L. Durstine and P. L. Painter. Champaign, IL, Human Kinetics: 273-280.
- "Exercise Prescriptions: NCHPAD - Building Inclusive Communities" Flyer. Retrieved 2/25/2020, from <https://www.nchpad.org/1740/6876/Exercise~Prescriptions>.
- U.S. Department of Health & Human Services. 2018. '2018 Physical Activity Guidelines for Americans', U.S. Department of Health & Human Services, Accessed March 2. <https://health.gov/our-work/physical-activity/current-guidelines>.

### **Supplemented by Physical Therapy Resources**

- Susan B. O'Sullivan, et al. (2014). Appendix 5. Strategies for Standard of Care Physical Therapy for PD and Sample Program of Atlanta VA Standard of Care physical therapy. Physical Rehabilitation. F.A.Davis Company. <https://www.fadavis.com/product/physical-therapy-rehabilitation-osullivan-schmitz-fulk-6>
- Keus, S., et al. (2014). "European physiotherapy guideline for Parkinson's disease." The Netherlands: KNGF/ParkinsonNet.

### **Parkinson's Disease-Specific Research in Exercise and Physical Therapy Expert Opinions from Physical Therapy and Exercise Stakeholders**